

dōTERRA Wintergreen

Cō-IMPACT SOURCING
IN NEPAL

PAGE 4

Soup Recipes from around the World

PAGE 29

Make Over Your Bathroom Cabinet

PAGE 26

CPTG®

WHAT IT MEANS &
WHY WE USE IT

PAGE 32

IN THIS ISSUE

features

- 4 CŌ-IMPACT SOURCING IN NEPAL**
The story of the new dōTERRA Wintergreen Essential Oil
- 10 STAYING PHYSICALLY ACTIVE THIS WINTER**
Get re-energized about exercise while involving your children
- 14 ESSENTIAL OIL DAILY ROUTINE** From Wellness Advocates around the world
- 16 GUIDE TO TAKING CARE OF YOUR dōTERRA DIFFUSER** Cleaning tips, diffuser blends, and more
- 19 SOCIALIZING WITH @dōTERRA**
Staying connected and informed through social media
- 20 VIEW FROM THE TOP**
Brian Warren uses dōTERRA while guiding dangerous climbing expeditions
- 25 dōTERRA LIVING WINTER 2016 GIVEAWAY** Find out how you can win some of dōTERRA's most popular kits
- 34 dōTERRA EMOTIONAL AROMATHERAPY BLENDS**
An Innovative ways to address your emotional needs

departments

- 6 Healing Hands Foundation:** Corporate days of service: Days for Girls/Now I Can Foundation
- 8 Ask Dr. Hill**
- 9 Essential Oil Spotlight:** Ginger
- 12 Slim & Sassy:** Robert Perry, Slim & Sassy contest winner, shares his success story
- 22 AromaTouch® Inspiring Story:** Staci Bell pushes past challenging circumstances and beats the odds
- 24 Essential Oil Spotlight:** Douglas Fir
- 26 Make Over Your Bathroom Cabinet**
- 28 Idea Notebook:** Handy tips and tricks you will love
- 29 Essential Flavors of the World:** Soups
- 32 Essential Science:** CPTG®: The dōTERRA difference
- 36 dōTERRA Product Guide:** Quick shopping reference for all products



dōTERRA PRODUCT GUIDE, (see pages 36-51)

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16



4



9



30



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This product is not intended to diagnose, treat, cure, or prevent disease.

New Heights for Nepal through Cō-Impact Sourcing®



High in the foothills of the Himalayan Mountains, a small group of women gathers in the early morning light. They carry hooked machetes and large woven baskets with thick straps. These straps will eventually rest on the tops of their heads when the baskets are loaded with the day's harvest—the dark green branches and leaves of Nepalese wintergreen, *Gaultheria fragrantissima*. These women brave the steep muddiness of the mountains on a regular basis to provide for their families and keep out of poverty. Now, especially after the earthquakes and aftershocks that flattened the countryside of Nepal, having work has become ever more necessary for survival.

Far from Aid

Even before the first earthquake hit on April 25, Nepal was largely underdeveloped despite the best efforts of the government and other organizations to improve the lives of Nepali citizens. The earthquakes put other nations into action as they donated funds, supplies, and volunteers. Nepal's capital, Kathmandu, drew much of the media attention and also much of the aid. Little basic aid made it through to harder hit and more remote areas.

The Dolakha district was the epicenter of the second quake on May 12, where it is estimated that 99 percent of the homes were destroyed. The majority of Nepal's wintergreen growers and harvesters call Dolakha home, and all were in dire need. Fortunately, dōTERRA, working in partnership with CHOICE Humanitarian, was already involved in the communities there, setting up an exclusive partnership for the new Wintergreen essential oil. Spurred on by the knowledge of how much damage these villages had



sustained, the executives quickly utilized the dōTERRA Healing Hands Foundation™ to give immediate aid. They set up a donation fund solely for Nepal, and total relief efforts raised over \$635,000. Those funds continue to be dispersed to the people, enabling them to continue rebuilding.

Continued Effort

While world demand for natural wintergreen is relatively low as it is an easy product to make synthetically, the demand for dōTERRA Wintergreen is growing for both the single oil and for some of the more popular blends. Wanting to expand the available supply, executives found that Nepalese Wintergreen was an excellent candidate both for its oil and as a possible Cō-Impact Sourcing partnership.

However, with the damage to the distillation units and homes of the growers, the entire process of making Wintergreen oil was more difficult than before. Along with catastrophic loss, the earthquake also disrupted the basic transportation infrastructure in the area, making it even harder to reach the villages with the most need. However, the people were determined to do what they could to move forward with distilling Wintergreen oil. With the aid from the dōTERRA Healing Hands Foundation that gave them back some semblance of normal life, work moved forward and gave the people hope again.

In spite of the difficulties, Nepalese Wintergreen officially launched at the dōTERRA 2015 Alive Convention as the new Wintergreen single. Going forward, dōTERRA will continue to use the Chinese species, *Gaultheria procumbens*, in the blends and products that include Wintergreen.



The Wintergreen Community

This unique Cō-Impact Sourcing opportunity comes in part because of the rareness of the plant. Wintergreen requires a cool climate in a shaded, forested area with certain soil conditions to thrive. For this reason, the plant grows exclusively in remote locations in the Himalayan foothills,



making Nepal and China the sole providers of natural wintergreen for the entire world. It is only wild harvested, as no wintergreen is cultivated outside of the remote mountainous areas.

Nepal cares deeply about sustainable harvesting and the communities where wintergreen is wild-harvested have formed Forest Community User Groups that collectively own and oversee forest areas. Similar to a community council, the group decides what areas of wintergreen get harvested, when, and who gets to harvest so the community benefits. The distillation units are also usually community-owned. Tim Valentin, Director of Strategic Sourcing, says, “The model that these community groups used to organize themselves, including even profit-sharing programs, has been amazing to see. This approach is fully aligned with our Cō-Impact Sourcing model, which makes it a privilege to work with these communities. We look forward to spreading it throughout all the wintergreen growing areas of Nepal.”

Fun Facts

- Wintergreen essential oil has a higher density than water, causing the oil to sink to the bottom when dropped into water.
- Highly labor-intensive to produce, Wintergreen is one of the lowest essential oil yielding plants known.
- Although *Gaultheria fragrantissima* and *Gaultheria procumbens* share the same benefits and chemical compositions in the oil, they are distinctly different species with unique aromas and colors. Nepalese Wintergreen is pinker in color with a sweeter, earthier aroma.



dōTERRA Healing Hands™

FOR THE COMMUNITY

*The dōTERRA **Healing Hands Foundation™** does humanitarian work all over the world, including in the foundation's own backyard. Giving new service opportunities to Wellness Advocates and employees alike, the dōTERRA **Healing Hands Foundation** donated time and money to two different local projects in August and October of 2015.*

ACCESSIBILITY FOR ALL

The **Now I Can** Foundation in Provo, Utah, provides intensive therapy for kids with various issues from cerebral palsy to brain injuries. Running on grants, insurance, and private donations, this nonprofit charity has created a facility that helps 80 to 100 children a year. The foundation also offers a three-bedroom cottage for families who come from all over the country for treatment to stay in affordable housing while their child is in therapy. Only one thing was missing—a wheelchair-accessible playground for the children and their siblings to enjoy.

The playground was a dream of **Now I Can** founders Joel and Tracey Christensen, whose daughter Colby was born with hemiplegic cerebral palsy. The **Now I Can** Foundation was born after they took Colby to Poland for more intensive physical therapy than was offered in the U.S. at the time. When the therapists in Poland worked miracles for Colby, the Christensens decided that they wanted to help children in the U.S. have better access to this kind of treatment.

To contribute to this worthy cause, the dōTERRA Healing Hands Foundation donated material and provided volunteers to build the playground for the many children and their families that come to **Now I Can**. It took two weeks of breaking up concrete, planting grass, and installing special equipment before work was finished. But now, these kids who work so hard at their therapy have a place to relax and simply be kids.





DAYS FOR GIRLS

The Utah Chapter of *Days for Girls* had an ambitious goal of creating 1,000 reusable hygiene kits for girls and women in Kenya in one day. Meeting in the multi-purpose rooms at the dōTERRA corporate offices, local Wellness Advocates and employees worked for most of the day to make this goal reality.

According to recent USAID statistics, 1 in 5 girls in developing countries who enroll in primary school never finish. They often miss school when menstruation starts, and once they miss a test or important assignment it is difficult to come back. *Days for Girls* is working to solve this problem by providing girls with washable feminine hygiene supplies that will allow them to leave home no matter the time of the month. These kits have already positively impacted thousands of women across the world, even in the U.S.

From cutting out the fabric, to sewing the reusable pads together, to assembling the kit, volunteers came to appreciate just how much these kits mean to girls all over the world. At the end of the day, all volunteer efforts paid off, with a grand total of 1,080 kits made.



HOW TO GET INVOLVED

In addition to the major corporate-led events, other charitable events that have a positive influence in numerous communities are held by Wellness Advocates from all walks of life. Here are some ideas on how you can make a difference:

1. TEND A PLOT

Tend a plot at your local community garden. Or, get together with your other green-thumbed friends and start one.

2. HELP TEACH

Many schools, church groups, camps, and more are looking for volunteers to help teach reading or art skills. Make a few calls and see what they need.

3. BAKE

If you're baking, double your batch and take the extra to your neighbors.

4. ORGANIZE A FOOD DRIVE

Organize a canned goods drive any time of year, not just during the holidays.

5. COMMUNITY CLEAN UP

Clean up a vacant lot or park to beautify your neighborhood.

6. VOLUNTEER LOCALLY

Volunteer at your local hospital, senior center, animal shelter, or other care facility to help those in need.

Want to share your experience? Email living@doterra.com



ask Dr. Hill

DR. DAVID K. HILL, DC

Executive Vice President, Chief Medical Officer/Chairman, Scientific Advisory Committee

Q:

Does temperature affect my oils?

A:

Once opened, excessive or increasing heat is known to intensify the reaction rate leading to oxidation and polymerization of essential oils. Oxidation alters the chemical make-up of essential oils, converting the chemical constituents into different substances, changing the aroma, diminishing the beneficial properties, and possibly even increasing the risk for sensitivities. Essential oils are all chemically unique, so the oxidation process begins at different temperatures, occurs at varying rates, and affects each oil distinctly, but never are the effects positive. Cold temperatures, on the other hand, generally do not induce chemical changes in the oil, even at freezing temperatures. Properly storing essential oils can prolong their useful life. For best results, I recommend that all essential oils be kept away from direct sources of heat and under 80 degrees Fahrenheit.

What information should I give to my doctor about my essential oil use?

Although essential oils have a long history of safe and effective use, it is still important to discuss use of them with your qualified health-care provider. This is especially important if you are being monitored for any health condition or taking any pharmaceutical medications. There is a wealth of knowledge available on doterratools.com and doterrauniversity.com that can help your health-care provider learn more about essential oils, but the most important thing is to maintain an open line of communication.

What is the process of creating an essential oil blend?

The process of bringing an essential oil blend from an idea to market is a long and complex one. The backbone of dōTERRA® essential oil blends is chemistry and the synergism of the chemical constituents that provide the wonderful benefits. Blends are first imagined based on meeting a precise chemical profile to address a specific concern. Since dōTERRA only works with whole oils and does not isolate chemical constituents, that initial profile is met by selecting individual oils and then deciding on the overall composition. Then tests can be conducted to ensure that the chemical constituents and their proportions are not altered by the blending process. Once the desired chemical composition has been established, other considerations such as scent can be addressed through further revision. Only after several stages of testing and revision, making sure that it meets CTPG standards, does a blend idea become a dōTERRA essential oil.

Will my body adjust to regular use of essential oils?

Regular use of natural essential oils will not result in decreased effectiveness as long as you continue to use them. Resistance is largely tied to a chemical process known as "receptor recycling," in which the cell receptors correspond with ligands (chemicals that enable interaction with the cell) that are either destroyed or reprocessed after having completed their journey away from the cell. We have no evidence that essential oil use results in the death of their cellular receptors and therefore that repeated use will result in progressively diminished benefits.

The Doctor Recommends

dōTERRA new Emotional Aromatherapy Blends

dōTERRA Motivate™
Encouraging Blend



dōTERRA Cheer™
Uplifting Blend



dōTERRA Passion™
Inspiring Blend



dōTERRA Forgive™
Renewing Blend



dōTERRA Console™
Comforting Blend



dōTERRA Peace™
Reassuring Blend



Ginger

Distillation Method: Steam

Sourcing Origin: Madagascar

Plant Part: Fresh Root

For thousands of years, the ginger root has been one of the world's most valued spices, and continues today as one of the most popular herbs for traditional use. Ginger was viewed anciently by the Chinese to be a gift from god, and has been widely cultivated around the world because of its economic importance and health-related benefits. Although you have probably used ginger in the kitchen to spice up your favorite Asian dish, this herb is much more than a flavor-enhancer. Aside from its warm, fresh, and spicy aroma, this world-wide celebrated oil delivers a wide range of benefits from a variety of uses. Essential oil distilled from the fresh ginger root may promote overall digestive health, reduce occasional nausea.*

HOW TO USE

🔥 *Aromatically*

- Place a drop in your hand and inhale during a long ride in the car or on windy roads
- Diffuse to create an effect that is warming, energizing, and revitalizing
- Diffuse to fill the air with a fragrance that is earthy, fresh, and cleansing

🔥 *Topically*

- Apply over lower abdomen or bottom of the feet for a soothing massage

🔥 *Internally*

- Dilute in water to help soothe digestive discomfort*
- Spice up your meal by adding a drop to enhance flavor

INTERESTING FACT

Ginger's genus name, *Zingiber*, is derived from the Greek *zingiberis*, which in turn, came from the Sanskrit *sringabera*, meaning "horn shaped."



* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Staying Physically Active This Winter

When it comes to physical fitness, winter is the season of excuses. It's too cold to exercise outside. Who's going to watch my kids so I can go to the gym? I don't have the room, equipment, or time to work out at home. Fitness isn't seasonal, it's a lifestyle and your waistline doesn't go into hibernation because the weather outside is frightful. This year, don't let that winter coat expand with empty promises that you'll resume exercising on January 1; use the cold weather as inspiration to change up your routine and get your entire family involved.

Can be done

Become a Lifestyle Role model

As a parent, one of your most important responsibilities is as a lifestyle role model to your children. Studies show that physical activity habits are developed very early in life, with the primary factor being the habits modeled by their parents (Hinkley et al.). Parents who exercise on a regular basis raise children who are more likely to have an active lifestyle, have a healthy weight status, are sick less, and even perform better in school (Jago et al.). Exercising with your children instills in them the idea that physical activity is an integral part of daily life and that a sedentary lifestyle is not normal. The doldrums of winter are the perfect opportunity to be creative, have fun, bond, and model to your children how important daily exercise is.

Exercising at Home

Exercising indoors doesn't require a room full of expensive equipment or a lot of time. Most importantly, it can be effective. When developing any exercise program, there are a few fundamentals to keep in mind. According to the National Academy of Sports Medicine, the first principle of effective exercise is overload—an effective exercise program must impose demands on the human movement system that force the body to adapt (National Academy of Sports Medicine). Unless you push your body harder or in a different manner than it ever has before, it has no reason to progress. This overload can be achieved through an unfamiliar movement (a new exercise), increased volume (more exercise), or increased resistance (a load, such as your child). Lastly, all exercises are variations of pushing, pulling, squatting, or core stability; once you understand the basic movements, the variations are only limited by your imagination.

Involving Your Children

An easy way to get the heart pumping, your muscles burning, and your children involved in a fun exercise routine is through a simple peripheral heart action circuit. Peripheral heart action uses several basic compound movements (exercises that engage two or more joints to stimulate multiple muscles) in an alternating circuit for a fast, effective, and functional full-body workout. With knowledge of the four basic movements, you can get a great full-body, indoor workout, with little or no equipment, that is simple enough to teach a toddler, but that you can do with an infant strapped to your chest as added resistance. Even better, as your child grows, their increased weight can be the overloading resistance factor that your body needs to continue to progress.



What You'll Need

- ✓ Your preworkout Mito2Max® and a quick inhalation of your favorite uplifting CPTG® essential oil
- ✓ Motivation
- ✓ A (small) workout partner(s)
- ✓ Stopwatch (optional)



The Plan

1. Complete 10–15 repetitions of each movement
2. Move on to the next movement with as little rest as possible
3. Complete all four movements of the cycle and rest 30–60 seconds before repeating
4. Complete as many cycles as possible in 30 minutes

Pushup (Push)

Variations: Alter hand or foot positions to vary difficulty or emphasize specific muscle groups, increase load via a weight vest or a child on your back.

Upright Row (Pull)

Variations: Pull-ups, bent-over rows using a band or other resistance tools, alter grip to emphasize specific muscle groups.

Freestanding Squat (Squat)

Variations: Alter foot positions to vary difficulty or emphasize specific muscle groups, increase load via a weight vest or a child on your back (or chest).

Tabletop Bridge (Stability)

Variations: Plank, side bridge, increase load via a weight vest or a child on your back (or chest).

Physical fitness doesn't halt when the weather gets cold and resume with another New Year's resolution. Use the cold weather as an opportunity to bring your workout routine into the home, where you can try something new, get re-energized about exercise, and involve your children.



Dr. Damian Rodriguez is a member of the dōTERRA education department. Prior to joining dōTERRA, he worked in public health and as a strength coach and nutritionist for professional and collegiate athletes. He holds both a doctorate in Health Sciences with an emphasis in obesity and an M.S. in Human Movement from A.T. Still University, as well as numerous professional certifications in exercise and nutrition. Dr. Rodriguez is a lifelong athlete who has competed in everything from powerlifting to triathlons and is very passionate about educating the public about healthy lifestyle habits. He is a father of two beautiful children.

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National Academy of Sports Medicine. *Integrated Resistance Training*. 2008.



Robert Perry

2015 SLIM & SASSY COMPETITION GRAND PRIZE WINNER

As a father of five, Robert didn't want to let anything hold him back from a long, healthy life. With the support of his family and a tenacious willpower to succeed, Robert pushed himself past his original goal and lost a total of 64 lbs.* and 46 in. during the 2015 Slim & Sassy Competition.

The Last Straw

Before the Slim & Sassy Competition, Robert knew that he needed to make some changes in his life. He says, "I wanted to be healthier so that I could be around longer for my five daughters. My father died at age 63 when I was 15, and my wife's father also passed away when she was young. My girls never knew their grandfathers, and I don't want the next generation to experience the same thing. I want to be able to see my girls grow up, get married, and have children of their own."

As powerful a motivator as his family was, it took a family photo to spur him into action. He says, "I hated the way I looked. We took family pictures last Christmas, and I took up half the picture.



That was the last straw. I looked terrible." When the opportunity came, Robert quickly took the chance to compete in the Slim & Sassy Challenge.

On a Mission

His wife and kids supported him from the start. He says, "They went without a lot of treats to help me stay away from them. My wife loves to bake bread, and not having it for three months was probably the hardest commitment I had to keep." He also told his co-workers about his goals, and they either reminded him or tempted him on a regular basis. Robert also missed eating socially, but overcame these thoughts by focusing on his purpose.

Because he pushed himself every day, Robert's momentum grew and his willpower improved over time. He began to see progress in big ways. He says, "I increased my focus each day until the end. I got better and better at it. As I

began to plateau, I pushed harder, worked out more, and ate less. I was on a mission. The goal was key. I knew I had to reach my goal."

A Second Lease on Life

In the end, Robert surpassed his weight-loss goal of 60 lbs. and has changed from the inside out. He clarifies, "This is the longest by far that I have attempted a diet. I have lost 20-30 lbs. a few times before with fad diets. This time was different. It truly has become a lifestyle change." Many people have asked Robert how he was able to make such significant changes. He says, "I tell them that I cut out processed sugar and flour, I exercised, and I couldn't have done it without the dōTERRA® products that gave me the edge to stick to it." For others on their journey to health, Robert adds, "You can do anything for a little while. Surprise yourself."

PRODUCTS USED

- Slim & Sassy® Metabolic Blend
- Slim & Sassy TrimShake (Chocolate & Vanilla)
- dōTERRA Lifelong Vitality Pack™
- DigestZen® Softgels
- Fractionated Coconut Oil
- GX Assist®
- PB Assist®+
- Zendocrine® Softgels
- TerraGreens®
- TerraZyme®
- Lemon
- Grapefruit
- Cypress



A man with a friendly expression stands in a wooded area. He is wearing a short-sleeved, button-down shirt with a purple, white, and blue plaid pattern, tucked into blue denim jeans with a black belt. His right hand is on his hip. The background consists of lush green trees and foliage, with sunlight filtering through the leaves.

HOW TO **Accelerate** YOUR PROGRESS:

- 1** Involve dōTERRA® products—they really work.
- 2** Push yourself. The feeling of accomplishment far outweighs the feelings of loss.
- 3** Water. Water. Water. I drank about 1 ½–2 gallons of water each day.
- 4** Stay busy. If you have nothing to do, it's better to be exercising.
- 5** Get rid of your fat clothes as soon as possible. Burn the bridges of retreat. I bought a new suit with the prize money that I could barely fit in to. It's motivation to keep going.
- 6** Tell yourself often, "Never again will I look like that."
- 7** Remember, someone out there wants you around as long as possible.
- 8** Everyone will be really happy for you and wish that they could do the same. The more of us that achieve success, the more people we can inspire.

*Results vary based on diet and exercise. Typical loss may be less.



Essential Oil Routines

Around

Although cultures and languages vary across the world,



U.S.

Kathy Stubbs-Peppermint

We always start our day with diffusing Peppermint and Wild Orange oils in the kitchen as the kids get ready for school. We call it a “Wake up and Be Happy” blend.

My favorite way to incorporate essential oils into my day is adding them to my water bottle. If anyone knows me, they know I always have my water bottle with me, and I always have a few drops of oil in it. I usually put Lemon, or Grapefruit, but sometimes, I may put 2 drops of Peppermint if I need a pick-me-up in the afternoon. It’s a great way to experience the benefits of essential oils.



Canada

Erica Lucas-Frankincense

My favorite essential oil is Frankincense. I am a professional vocal instructor and singer, so I use Frankincense topically on my throat, or drink 1–2 drops in a small amount of water. You know the saying, “The Show Must Go On”? Thankfully, I have Frankincense to support my voice and to ensure that happens successfully.



Costa Rica

Adele Lurie-Balance

I apply dōTERRA Balance™ first thing in the morning. I put a few drops behind my ears and on the bottoms of my feet, and of course inhale the delightful aroma that remains on my hands. This oil blend helps me feel grounded and focused to begin my day. I cannot imagine my life without all of the dōTERRA products! They have completely changed the quality of my life. That’s why I feel that it is my mission to share the dōTERRA message of essential wellness with everyone I meet.



Italy

Patricia Martina-Deep Blue®

My most favorite essential oil is the Deep Blue® Blend and often when talking about it I say: If Deep Blue was a man, I would marry him!

I train my body hard, I lift weights/kettlebell, I dance, jump, do yoga and high intensity interval workouts, and often go into extremes. My personal trainers are my sons and they challenge me to test my abilities. Sometimes I forget I am 57 and not their ages (27 and 22). Deep Blue soothes and comforts. I use Deep Blue every day before and after a workout.

the World

one thing Wellness Advocates have in common is their passion for dōTERRA® essential oils.



Mariya Minchenko-Geranium

I love Geranium essential oil. I saw on the dōTERRA Instagram page that Geranium can improve the overall health and appearance of your hair. I started adding 2–3 drops to my shampoo every day. The smell is amazing, and my hair looks much better.

I am grateful for dōTERRA, and hope that someday more people in Russia will be able to experience the benefits of the essential oils in their daily lives.



Cheung Bing Chung-Routine

I brush using dōTERRA On Guard toothpaste, and rinse using Melaleuca, Lemon, and Peppermint. I then bathe with the Citrus Bliss® Bath Bar. For breakfast, I make a Slim & Sassy® Vanilla and V-Shake blend with a banana and TerraGreens®. I also use dōTERRA Lifelong Vitality Pack™ with DDR Prime® and PB Assist®+. Frankincense, and On Guard®. I then diffuse Balance™, Wild Orange, and Purify for a good night's rest.



Joy Ashton-Elevation Joyful Blend

My favorite essential oil is Elevation Joyful Blend. I use it every morning when I get out of the shower. 25 drops to a natural, unscented crystal mist deodorant and a few drops to my dōTERRA unscented body lotion. I then use undiluted Elevation as a fragrance by applying it behind ears, wrists, and of course on my feet. I do the same with InTune®, Whisper™ and Clary Calm®—I just choose each day which beautiful blend I will enjoy, and be a walking advertisement for my business at the same time. Love it!

GUIDE TO TAKING CARE OF YOUR dōTERRA® ESSENTIAL OIL DIFFUSERS

Diffusing essential oils is one of the easiest yet most effective ways for you to experience the aromatic benefits of your favorite essential oil. Over time, your diffuser will develop an oil buildup that potentially can prevent it from working properly, so it is important to understand how to use and take care of it. Here are a few tips that will help you have the best aromatic experience and extend the life of your dōTERRA diffuser.

Filling Your Diffuser

- Use clean, room-temperature tap or distilled water. Make sure the water level does not exceed the water mark.
- Add 5-12 drops of dōTERRA essential oils. You can add more oil for a stronger scent. Experiment with the amount of oil you use and find what works best for you.



💧 Cleaning Tips

dōTERRA Cloud™ and Aroma Ace Diffusers

1. Clean the nozzle before switching oils.
2. Rinse the nozzle with tap water, or for deep cleaning, submerge the quick-change top in rubbing alcohol for 30–60 minutes.
3. Wipe clean with a dry cloth.

PETAL, AROMA LITE, AND LOTUS DIFFUSERS

Quick-Clean after Each Use

1. Make sure to unplug your diffuser prior to cleaning.
2. When removing excess water from the water tank, pour from the rear of the diffuser to avoid spilling on the operating buttons.
3. Clean the inside of the water tank and the outside of the diffuser with a small amount of neutral detergent cotton cloth or a small foam brush. Avoid using any harsh cleaners on your diffuser.
4. Rinse and dry.
5. Use a Q-tip dipped in rubbing alcohol to wipe the ultrasonic mist chip found inside the water tank.

Deep Clean Every Month

Cleaning is a necessary step to ensure that oil residue doesn't build up in your machine preventing it from working properly. Periodically, it is a good idea to run your diffuser through a cleaning cycle. If you use your unit every day, then running a cleaning cycle monthly is a good idea. To do so, do the following:

1. Fill your diffuser half way with clean water.
2. Add 10 drops of white vinegar.
3. Let the diffuser run for about 5 minutes to allow the water-vinegar mixture to disperse throughout the unit and clean it.
4. Drain the diffuser completely.
5. Using a cotton swab dipped in vinegar, clean the tight spots and corners of the diffuser.
6. Rinse with clean water.
7. Use a dry cloth to wipe the diffuser and dry it thoroughly.

Best Places to Use Diffusers

- 💧 Bedrooms
- 💧 Office desk
- 💧 Hotel rooms
- 💧 Spa room

Avoid placing your diffuser in direct sunlight or near a fan.

💧 Diffuser Blends to Try

Refreshing Trio

- 💧💧💧 3 Spearmint
- 💧💧💧 3 Peppermint
- 💧💧💧 3 Wintergreen

Forest Meadow

- 💧💧 2 drops Cedarwood
- 💧💧 2 drops Juniper Berry
- 💧💧💧 3 drops White Fir
- 💧💧 2 drops Arborvitae

Sweet Dreams

- 💧💧💧 3 drops Vetiver
- 💧💧💧 3 drops Lavender
- 💧💧💧 3 drops Sandalwood
- 💧💧💧 3 drops Roman Chamomile



IT'S OK TO **RUB** IT IN.

Formulated with Wintergreen, Peppermint, Eucalyptus, Helichrysum, Blue Tansy, and other powerful ingredients for soothing comfort.

Deep Blue® Rub

38900001	4 fl oz/120 mL
\$39.00 retail	\$29.25 Wholesale 29.25 PV



SOCIALIZE

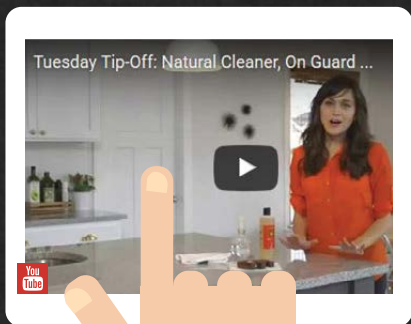
with @dōTERRA!

Like, Comment, Share, Pin, Tag, Tweet, Repeat!

YouTube



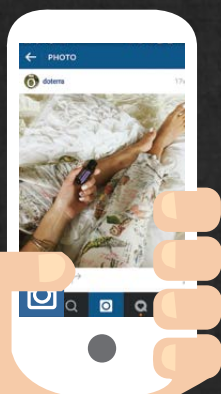
Follow our **Tuesday-Tip Off** Video Series on YouTube to see how to make your own Natural Toy-Cleaner, Basil-Infused Pasta, Party Ice Cubes, and much more!



Instagram



Be an Insta Star! Share your dōTERRA photos on Instagram with the hashtag **#doterra** for a chance to be featured on our popular Instagram account.



Pinterest



Our most popular Pinterest board is our Diffuser Blends with over **63k** followers! This pin has been re-pinned over **600** times!



Curious as to how much #dōTERRA has grown since 2014? Check out this #infographic



Twitter



Get the latest and greatest dōTERRA news on Twitter!

Facebook



6k number of likes (and counting) on our Lemon and Peppermint post.



VIEW FROM THE TOP

BRIAN WARREN IS A FULL-TIME, YEAR-ROUND MOUNTAIN GUIDE. HE WORKS IN ALMOST EVERY ICONIC MOUNTAIN RANGE IMAGINABLE, GUIDING CLIMBING AND SKIING ADVENTURES FOR PEOPLE FROM ALL OVER THE WORLD.

Brian works for Jackson Hole Mountain Guides in Wyoming as a senior guide and as the manager of their winter programs. He runs every kind of rock and alpine climbing trip possible during the summer months, including the iconic Grand Teton, as well as guiding and teaching guests backcountry skiing, ice climbing, and avalanche safety and education during the winter. He is also part owner and a senior guide for Alpenglow Expeditions, a premier international guiding company that's at the forefront of the high altitude climbing and skiing programs offered on every continent of our planet. Brian has guided all across the American West in the Cascades, Rockies, and the Desert Southwest, as well as worked on dozens of expeditions to South America and the Himalayas. He sees mountain guiding as more of a passion and lifestyle than a career, and consistently finds his work beyond dynamic and rewarding. Brian feels that if he can impact other's lives by pushing them to their physical and mental limits in some of the most beautiful and harshest places in the world then he has had true success. It's this success and the diverse nature of guiding that pushes Brian to consistently be at the top of his game with knowledge and fitness.

WHAT DO YOU NORMALLY DO TO PREPARE FOR A MAJOR CLIMBING EXPEDITION?

As a full-time mountain guide, my job typically keeps me fairly physically prepared for these expeditions. However, it is quite important to constantly find time outside of guiding to stay in shape by trail running, utilizing a climbing gym, and,

quite simply, just being outside and moving through the mountains. Regarding the mental preparedness, it's a lot of logistics and lists upfront, then it's a matter of slowing down and really taking time to appreciate the experience. I work very hard with our local liaisons and depend on them to help get the majority of the tasks taken care of before the expedition. I do believe the hardest part of expedition climbing is what I call the

"mental endurance." It's the ability to realize that it's not a race and much more of a mental marathon as we have a lot of time away from family, businesses, and regular-day life. This is always very hard on people to not be as connected as they usually are whether it's reading the paper in the morning or checking their email 15 times a day. We just simply do not have these luxuries while climbing and it's tough for people to really slow down their "daily" routine and realize that we are letting our bodies acclimatize and work for us, not against us.

NOTABLE CLIMBS AND EXPEDITIONS

- Grand Teton Ascents: 150+
- Grand Teton Ski Descents: 12 (3 variations)
- Mount Rainier Ascents: 80+

- Denali Expeditions: x2 (Highest point in North America)
- Kilimanjaro Expeditions: x5 (Highest point in Africa)
- Aconcagua Expeditions: x5 (Highest point in South America)

- Mount Elbrus Expeditions: x2 (Highest point in Europe)
- Mount Everest Expeditions: x4 (Highest point in Asia)



WHAT WAS THE LONGEST AND MOST CHALLENGING EXPEDITION THAT YOU'VE EVER DONE? WHY WAS IT SO CHALLENGING?

It's funny you ask about the longest and most challenging as the most challenging expedition that I have most recently been on was one of our shortest trips. This was due to the April 25 earthquake that struck Nepal. Alpenglow Expeditions was running an Everest Expedition on the north side of the mountain in Tibet and we were just beginning our climb as the earthquake happened. The earthquake and its devastation pushed the Chinese to close Everest on the north side, which brought our expedition to a quick close. The politics and logistics following the closure were by far some of the toughest challenges I have ever had on a climbing trip. We as the guides had to constantly manage the expectations and emotions of our guests all while working with the local liaisons that were forcing us to leave. We were also very concerned as our Sherpa were quite disconnected from their families and we were trying as hard as possible to gather as much information as we could as to the condition of their homes, villages, and most importantly, their families. So overall, this past Everest expedition was very challenging as we were dealing with being told that we couldn't climb, we couldn't leave the country, but yet we had to leave base camp.

WHAT dōTERRA PRODUCTS DO YOU USE, AND HOW DO THEY HELP YOU?

Mito2Max®: When prepping for an expedition, especially a high altitude expedition, I tend to train and look for ways to start the acclimatization process as early as possible. Using Mito2Max helps with this process by allowing my body to feel more energized and support the higher level of stamina required to train harder and recover faster. I can really see a difference.*

Deep Blue®: I look to the Deep Blue products as I am consistently dealing with the day-to-day abuse of climbing and guiding. As a guide, Deep Blue Rub certainly helps after long days of being in the mountains.

dōTERRA On Guard® +: I use the dōTERRA On Guard+ products as a supplement and to strengthen my immune system, since good health is critical in the dry air and higher altitudes that I deal with*.

WHAT ADVICE WOULD YOU GIVE TO SOMEONE WHO IS INTERESTED IN PARTICIPATING IN A CLIMBING EXPEDITION?

I always tell people that are interested or curious about climbing expeditions that they really need to consider the time and commitment and the fact that many of the places we guide and climb are far removed from the everyday routines that folks are accustomed to. I joke and always ask people if they can truly be away from a Starbucks and all of its conveniences for 20-40 days if needed. I also ask people to consider that they put in plenty of time on smaller climbing and skiing objectives before moving on to harder and higher objectives. I always see folks want to fast track their

personal "mountain" résumé in order to obtain a certain goal but this isn't always the best way to go about it. People need to truly have enough time in the mountains so that most of the scenarios and terrain that we climb and ski are already familiar to them.

WHY DO YOU DO WHAT YOU DO? (IT'S OBVIOUSLY DANGEROUS AND EXTREMELY DIFFICULT!)

Quite simply, I do what I do because I absolutely love watching people push themselves in stressful situations. I also thrive on teaching and coaching folks in situations that seem impossible yet are always attainable. I truly get the greatest joy from my work as a guide when I see people find a sense of self-sufficiency in the extreme environments that we operate in. As guides, we are not only moving people through the mountains strictly focused on safety, we are also watching people learn from mistakes, teaching new skills, and providing a great level of listening and conversation skill. The background that mountain guides need in order to run successful trips is beyond dynamic and diverse and well beyond the basic skill of climbing.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

NO IS NOT AN *Option*

Anyone can do the AromaTouch Technique, no matter what circumstances they face. Staci Bell, a young woman from Royal Palm Beach, Florida, proves just that. Despite the challenges she's had from birth, Staci doesn't let anything stop her from doing what she wants to do—including learning the AromaTouch Technique.

Could you tell us a little about you?

I've grown up being blessed with three different disabilities. The main one I face is a rare brittle bone disease, which affected the growth of my long bones. I am also legally blind and bilaterally deaf but I am able to wear hearing aids.

Growing up, I never let my disabilities stop me from doing what I wanted, and my parents encouraged me to participate in things that interested me. Doctors told my parents that I would be in a wheelchair in my teen years. But, by the time I could walk at nine months old, I was on the trampoline with my two older brothers. I played on the swings, rode bikes, skated, and even rode horses while in elementary school. I've also been kayaking, canoeing, and tubing. I did experience some broken bones, but none of that stopped me. All through school I took regular classes with the help of aids and I graduated in the top 5 percent of my class.

Growing up, I never let my disabilities stop me from doing what I wanted, and my parents encouraged me to participate in things that interested me.

After I graduated high school, I got my very first guide dog from Southeastern Guide Dog School: a Yellow Lab named Crawford. He has been with me through surgeries and two semesters at Palm Beach State College in Boca Raton.

What inspired you to learn the AromaTouch Technique?

I took nutrition and health classes in school because I have to fight to stay healthy. I am very much into being healthy and learning all I can about being fit, so I was thrilled to learn about essential oils. My mother, knowing that I have always been interested in being a massage therapist, thought I would be able to do the AromaTouch Technique. I have been massaging her neck and back since I was 13 years old.

I was inspired to learn the AromaTouch. I saw it as a great opportunity to be able to better express to others how well these oils really do work by showing instead of just explaining. I was blessed with a nice instructor, Linda Hussey, who was willing to let me give it a try.

How were you able to perform the technique with the obstacles you face?

I have never let any of my disabilities stop me in my life. Even though I am legally blind, my other senses, such as touch, still work just fine. My fingers have always had to be sensitive all my life. I know how to work with what I have as far as my hands go. I was privileged to be taught hands-on by Brooke Stalnaker, an awesome helper when I needed it during the instruction.

How will the AromaTouch affect your life moving forward?

Knowing about the AromaTouch Technique and also how to do it will make it much easier for me to share just how these oils work. This will also be a good way to expand our dōTERRA business with my Mom.



“When Staci’s mother, Linda, approached me about certifying Staci, it honestly surprised me. In my mind, everyone is capable of learning the AromaTouch Technique so the fact that she is sight and hearing impaired did not even register. There were 12 ladies in my class that day, and it was such an amazing experience to watch everyone come together as a whole, united by a bigger purpose as caretakers. Having Staci in class that day was an inspiration to all of us. **Often, people are a little apprehensive about working with others when it comes to the hands-on part of class. This was not the case with Staci, she jumped right in with both feet.** It was beautiful to watch and feel the shift of energy in the room go from nervous to calm after watching her. I am honored to have been able to be a part of the amazing growth and inspiration that took place that day. We all come from different backgrounds, lifestyles, and circumstances. To be able to come together and work toward a common goal for the greater good is truly a blessing.”—Linda Hussey, AromaTouch Instructor



This technique is an essential oil application that is intended for personal use (in homes and on family or close friends) and not for monetary benefit. Anyone who uses it for non-personal use or for monetary benefit assumes all responsibility for that use and must comply with the laws of their state.



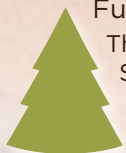
Distillation Method: Steam
Sourcing Origin: New Zealand
Plant Part: Branch/Leaf

Douglas Fir

From Christmas trees to telephone poles to a refreshing essential oil, Douglas Fir has a wide variety of uses and benefits. This bristly conifer tree is filled with revitalizing compounds that can purify the skin and help maintain a sense of focus. When used aromatically or topically, its fresh green aroma reflects the tranquility of its native New Zealand forests, creating calm feelings and encouraging an uplifted mood. The unique chemical composition of Douglas Fir essential oil can also promote feelings of open airways and easy breathing.

Fun Fact:

The Douglas Fir tree was named after the famous Scottish botanist, David Douglas. However, the tree's scientific name, *Pseudotsuga menziesii*, was named after a rival botanist, Archibald Menzies.



How to Use:

Aromatic

- Directly inhale or diffuse alone or with other essential oils to freshen the air, uplift mood, and promote a sense of focus.
- Diffuse 2-3 drops Douglas Fir with 2-3 drops Eucalyptus, or rub into hands and inhale deeply to promote feelings of clear airways and easy breathing.

Topical

- Add 1 drop to facial cleanser, bar soap, or body wash for added cleansing benefits and an invigorating aroma.
- Combine with 1-2 drops of Wintergreen for a relaxing massage experience.

2016

Giveaway

Home Essentials Kit



1st
Place

Family Physician Kit



2nd
Place

Beginner's Trio Kit



3rd
Place

Official Rules

1. NO PURCHASE NECESSARY.

A purchase of dōTERRA products does not increase your chances of winning. Open to legal residents of the fifty (50) United States, 21 years of age or older. Void where prohibited.

2. DATES OF PROMOTION:

Beginning January 1, 2016, and ending February 19, 2016. Any entries must be postmarked by February 19, 2016, and received by February 26, 2016.

3. HOW TO ENTER:

There are two ways to enter:

(i) First, the participant must complete the following entry form found on this page, cut it out, and mail it to: **dōTERRA, Attn: U.S. Marketing, 389 South 1300 West, Pleasant Grove, UT 84062.** The submission form must be the original page cut out from dōTERRA Living Magazine.

(ii) Second, the participant must legibly handwrite their complete name, mailing address, and phone number with proper postage to: **dōTERRA, Attn: U.S. Marketing, 389 South 1300 West, Pleasant Grove, UT 84062,** on a postcard (no smaller than 3 1/2 by 5 inches and no larger than 4 1/4 x 6 inches).

There is a limit of one (1) entry per envelope and household. Multiple entries submitted or completed by anyone other than the entrant are void. No mechanical reproductions, including scanned or printed copies, will be accepted. Entries must contain all entry fields outlined; otherwise they are void and will not be eligible for the drawing.

4. DRAWING/ODDS.

On or about March 1, 2016, potential prize winners will be selected in a random drawing from all eligible entries received. Odds of winning will depend on the total number of eligible entries received for the promotion. Winners will be contacted individually via email, mail, or phone provided in the entry form. If the sponsor is unable to contact the prospective prize winner within one week of the first attempt, his/her prize will be forfeited. By participating in this promotion, entrants fully and unconditionally agree to be bound by these rules and the decisions of the sponsor will be final and binding on all matters relating to the promotion. To receive the names of the prize winners, send a stamped self-addressed envelope to dōTERRA, Attn: U.S. Marketing, 389 South 1300 West, Pleasant Grove, UT 84062, within sixty (60) days after March 1, 2016. Vermont residents may request the names of the prize winners without a stamped self-addressed envelope within sixty (60) days after March 1, 2016.

5. PRIZES.

(i) One (1) first prize will be awarded consisting of a dōTERRA Home Essentials Kit. Total approximate retail value of first prize is \$275.00.

(ii) One (1) second prize will be awarded consisting of a dōTERRA Family Physician Kit. Total approximate retail value of second prize is \$166.67.

(iii) One (1) third prize will be awarded consisting of a dōTERRA Beginner's Trio Kit. Total approximate retail value of third prize is \$66.67.

The value associated with the prizes may be taxable as income and prize winners are solely responsible for any taxes, including, but not limited to, all applicable federal, state, and local taxes that become due with respect to the value of the prize. No compensation will be provided for any prizes that are not able to be awarded. Winning a prize constitutes permission for the sponsor to use prize winners' names, addresses (city and state), voices and/or likeness for purposes of advertising, promotion and publicity, for this promotion only, without further compensation.

6. NO LIABILITY.

By participating, entrants and prize winners agree to release, discharge, indemnify and hold harmless the sponsor and each of its officers, directors, employees, representatives and agents from any claims made by any entrant or prize winner, or any third party, related in any way to the operation of this promotion.

7. SPONSOR.

dōTERRA International LLC, 389 S. 1300 W, Pleasant Grove, UT 84062

Name: _____

Address: _____ City: _____

State: _____ Zip: _____ Phone: _____

Email: _____

Wellness Advocate Number (optional): _____

Make Over Your

Bathroom Cabinet



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Give your bathroom cabinet a perfect makeover with dōTERRA products and a few handy tips.



1. **dōTERRA Salon Essentials® Hair Care** includes Protecting Shampoo, Smoothing Conditioner, Root to Tip Serum, and Healthy Hold Glaze.
2. **Correct-X®** essential oil topical ointment.
3. **dōTERRA Touch™**: essential oils for young or sensitive skin.
4. **ClaryCalm®**: the best blend for your worst week, period.
5. **PastTense® Tension Blend** for your head and neck.
6. **dōTERRA On Guard® Beadlets**: on the go immunity support.*
7. **dōTERRA Breathe® Drops** for clear airways and easy breathing.
8. **dōTERRA Breathe® Vapor Stick**: apply around the chest or neck area for a cooling, soothing feeling.
9. **Veggie Caps**: an excellent way to experience the benefits of essential oils internally.
10. Essential oils from the **Family Physician® Kit** for everyday health needs.
11. **DigestTab™** for soothing digestive relief.*
12. **Deep Blue® Rub** is a go-to after a workout or any physical activity.
13. **DYI Lavender Bath Salt**
 1. Fill glass container of choice about halfway with Epsom salts.
 2. Add 10-15 drops of Lavender essential oil, secure lid, and shake.
 3. Remove lid; mix in 1 tablespoon of dried lavender flowers (optional).
14. Use glass votive candle holders to store your **dōTERRA supplements** for easy access.
15. **Melaleuca essential oil**: apply to skin after shaving or combine with your facial cleanser or moisturizer.
16. **dōTERRA Natural Deodorant** infused with Cypress, Melaleuca, Cedarwood, and Bergamot essential oils.
17. **Peppermint** and **Wild Orange Lip Balm**.
18. Add a few drops of **Geranium** to **dōTERRA Fractionated Coconut Oil** and use as a moisturizer for your body.
19. **Veráge Skincare Collection/Immortelle Anti-Aging Blend**: Everything you need for smooth, healthy, youthful-looking skin.
20. Diffuse **dōTERRA Peace™ Blend** during an evening bath for a calming feeling.
21. **dōTERRA On Guard® Foaming Hand Wash**.
22. Use **Citrus Bliss® Hand Lotion** for softer hands and an uplifting aroma.
23. **dōTERRA On Guard Natural Whitening Toothpaste** for clean mouth and fresh breath.

Tip: Save shelf space by hanging metal personal care tools on an adhesive magnet strip.

Tip: Line walls with a patterned wallpaper for a custom and fun look

Note: This cabinet and shelves can be found at IKEA. Clear storage containers can be purchased on amazon.com

We would love to see what you've done with your bathroom cabinet! Email your photos to living@doterra.com

Body Warming Moisturizing Oil

Contains Cardamom and Wild Orange essential oils, both provide a nice warm feeling on your skin.

You will need

1 ounce glass jar
Coconut oil
6 drops Cardamom essential oil
6 drops Wild Orange essential oil
Stirring stick

To Make

1. Fill jars with coconut oil; create a hole in the middle with stirring stick.
2. Add essential oils into hole; then stir to combine.

-Luci Vieira, Ontario Canada

Heater in a Tin

Use to warm up your muscles and feet

You will need

- 1/8 cup beeswax
- 1/3 cup coconut oil
- 2 drops Clove essential oil
- Tins for your balm
- 3 drops Black Pepper, Cardamom, Cinnamon essential oils

To Make

1. Place beeswax and coconut oil in a small pot over medium heat on stove (or use microwave).
2. Stir occasionally until wax and oil is melted. Let cool for a minute.
3. Drop essential oils into the tin and slowly pour the wax/oil mixture. Mix gently to fully blend.
4. Let cool and harden before applying to skin.

-Nadia Pinna, West Virginia

Bye-Bye Cold Feet, Hello Ski Fever!

"I love rubbing a blend of Cypress and Peppermint on my feet and calves prior to putting on my ski socks. It smells ah-mazing, wakes up my senses and helps keep my feet warm.

-Brooke Dahlgren, Oregon

Natural Coffee Creamer

"I use 2 cups of almond milk, 1/2 cup of condensed milk, and 1 drop of Cinnamon in a blender bottle. Shake it up and I have my creamer for my coffee."

-Rainy Ungemach, North Carolina

Blemish Free Skin

"After cleansing and toning your face, mix a few drops of Frankincense, Melaleuca, and Sandalwood on the palm of your hand, then apply to your face in the light circular rubbing motion. Repeat the process once a week, or when needed."

-Rainy Ungemach, North Carolina

➔ share your tip!

email living@doterra.com with your favorite essential oil recipe, idea, or time saver.

ESSENTIAL FLAVORS OF THE WORLD

SOUPS

RECIPES FROM COSTA RICA, RUSSIA,
MOROCCO AND GHANA



COSTA RICAN BLACK BEAN SOUP

INGREDIENTS:

- 1 cup celery, finely diced
- 1 medium sweet onion, finely diced
- 1 medium red pepper, finely diced
- 1 cup fresh tomato, chopped
- 1 teaspoon fresh garlic, minced
- 1 teaspoon fresh ginger, minced (optional)
- 1 tablespoon canola oil or 1 tablespoon olive oil
- 3 cups black beans, canned including liquid (4 - 15 oz. cans)
- 3 cups vegetable stock
- 1 drop or less **Oregano essential oil**
- 1 teaspoon cumin
- ¾ teaspoon celery salt
- 1 teaspoon salt
- ¾ teaspoon coriander powder
- 1 drop or less **Thyme essential oil**
- ½ teaspoon cayenne
- ¼ teaspoon nutmeg
- ¼ teaspoon clove
- ½ teaspoon allspice

INSTRUCTIONS:

1. In a large stock pot, sauté celery, onion, red pepper, tomatoes, garlic, and ginger in oil over medium heat until vegetables are tender and onion is clear.
2. Add remaining ingredients, bring to a boil and simmer for 30 minutes. Serve hot.



RUSSIAN VEGETARIAN BORSH

INGREDIENTS:

- 4 medium sized potatoes
- 1 large beet
- 1-2 carrots
- 1 large onion
- 1 sweet ripe tomato (cut it into 4-8 pieces)
- 1 medium size cabbage
- 6-ounce can tomato paste
- Bullion cubes of choice
- Fresh cut dill
- Fresh cut basil
- 1 drop **Oregano essential oil**
- Fresh cut parsley
- Olive oil
- Ground pepper
- Salt
- Pinch of sugar
- 1 cup of dried white beans canned or soaked in water overnight (optional)

INSTRUCTIONS:

1. Fill large pot half way with water
2. Chop up potatoes, place in boiling water.
Note: If you are using soaked beans, put them in at the same time as potatoes. If you are using canned beans, wait until you add the beets to the boiling pot.
3. Grate beet, carrots, onion; put them in a frying pan with 1-2 tablespoons of olive oil, and start frying. Add tomato paste and cook the whole thing.
Note: Add a bit of water just to keep it from burning. You want this to really cook into a glop. Once done, set it aside.
4. Chop cabbage then add to boiling water once potatoes are 50 percent cooked.
5. Once cabbage is about 50 percent cooked, add bullion to your pot (to taste).
Note: Do a taste test as you add the bullion cubes. Keep adding till you achieve desired taste.
6. Add cooked beet, onion, carrot mixture to the soup. This is a good time to do a taste test and add fresh tomato pieces into the soup and a small pinch of sugar to balance out the acidity.
7. Bring to a boil again for 3-5 min., Check your vegetables to make sure they are cooked, but not overcooked.
8. Add salt and pepper to taste.
Tip: The theory here is to keep tasting your soup as you go and adjust it to your liking and taste.
9. Turn off heat; add fresh chopped herbs with essential oil; cover. Let soup sit for 25-30 min. before serving. This allows the soup to meld and build flavor. Borsch is always better on the second day.
10. Serve hot with spoonful of sour cream and fresh bread.
Note: Dip a toothpick into the essential oil bottle and stir into your recipe until you reach the desired flavor.





WEST AFRICAN PEANUT SOUP

INGREDIENTS:

- 6 cups low sodium vegetable broth
- 1 medium red onion, chopped
- 4 cloves garlic, minced
- 1 teaspoon salt
- $\frac{3}{4}$ cup 100% pure peanut butter (chunky or smooth)
- $\frac{1}{2}$ cup tomato paste or tomato sauce*
- Hot sauce like sriracha or cayenne pepper to taste
- 2 teaspoons yellow curry powder
- 1-2 drops **Ginger essential oil**
- $\frac{1}{4}$ cup roughly chopped peanuts for garnish
- 1 cup cooked rice (brown or white)

INSTRUCTIONS:

1. In a medium pot, bring broth to a boil. Add onion, ginger, garlic, and salt. Cook on medium-low heat for 20 minutes.
2. In a medium-sized, heat-safe mixing bowl, combine peanut butter and tomato paste, then transfer 1 to 2 cups of the hot stock to the bowl. Whisk the mixture together until smooth, then pour the peanut mixture back into the soup and mix well. Season the soup with hot sauce to taste. Add curry powder and essential oil. Simmer for about 20-30 minutes on medium-low heat, stirring often.
3. Serve over cooked rice if you'd like and top with a sprinkle of chopped peanuts.

Note: You can add meat of your choice to the soup.



MOROCCAN BEEF TAGINE

INGREDIENTS:

- 4 teaspoons paprika
- 2 teaspoons ground cinnamon
- $1\frac{1}{2}$ teaspoon salt
- 1 drop **Ginger essential oil**
- 1 teaspoon crushed red pepper
- $\frac{1}{2}$ teaspoon freshly ground black pepper
- 1 pound beef roast
- 1 tablespoon olive oil
- 1 Tablespoon low-sodium chicken bouillon
- 1 can diced tomatoes
- 3 cups butternut squash, peeled and chopped
- $\frac{1}{4}$ cup cilantro

INSTRUCTIONS:

1. Combine paprika, cinnamon, salt, Ginger essential oil, crushed red pepper, and black pepper in small bowl.
2. Trim fat from roast and cut into 2-inch cubes. Place beef in medium bowl, add $\frac{1}{2}$ of spice mixture, and toss until well coated.
3. Heat oil in medium skillet, brown beef.
4. Place beef in slow cooker. Combine 1 quart water and 1 tablespoon low-sodium chicken bouillon and pour over beef.
5. Cook on low heat for 4 hours.
6. Stir in tomatoes, squash, and remaining spice mixture; continue cooking until squash is tender.
7. Sprinkle with cilantro and serve.

CPTG

The dōTERRA
Difference

Meaning beyond the Trademark

The term “CPTG Certified Pure Therapeutic—Grade®” sounds technical, official, and impressive; and it is. Without an accepted standard for essential oil quality, dōTERRA created its own, the most stringent in the industry, to certify that there are no added fillers, synthetic ingredients, or harmful contaminants in their essential oils that would reduce their efficacy. dōTERRA even goes a step further, putting all their products and the packaging through a battery of tests to ensure a long and effective shelf-life. Utilizing its own facilities, as well as trusted third-party labs, each batch of dōTERRA essential oils goes through the extensive three-step CPTG® process before it is made available for sale to ensure that the product you receive is of the highest quality, every time.



Step 1: Chemistry



Chemistry is the foundation of pure, quality essential oils. After the aromatic compounds are distilled from the plant material, it is confirmed that each batch meets the chemical composition standards using a combination instrument known as a GC/MS, or "**Gas Chromatography/Mass Spectroscopy**," to guarantee that the chemistry of the oil matches the expected profile. The gas chromatography instrument separates the molecules in the oil based on chemistry, and the mass spectrometer identifies each group of molecules.

After GC/MS testing, the ratios between each chemical constituent are analyzed so that our essential oil experts can verify that each oil is in its most pure, natural form. Once a batch is determined to meet our chemical profile guidelines, it can then move on to the next stage of testing.

Step 2: Physical Testing



Following chemical testing, each batch of essential oils goes through a battery of physical tests: organoleptic assessments, Fourier Transform Infra-Red Spectroscopy (FTIR), optical rotation, specific gravity, and refractive index. In reference to essential oils, **organoleptics** are those attributes that can be tested through sight and smell. In this phase, our team of essential oils chemists, manufacturing engineers, and quality technicians manually assess the appearance, aroma, and color of each essential oil. Each batch is then put through **FTIR testing**, which uses infra-red light to analyze the material composition of an oil to determine if it meets dōTERRA established standards. **Optical rotation** then tests for chirality, using instrumentation to twist essential oil molecules in order to identify synthetic additives that GC/MS testing would not detect. Next, the **specific gravity** of each batch is tested; the volume-to-weight ratio is compared to reference standards to verify oil quality and purity. Lastly, a refractometer is used to determine if the essential oils **refractive index**, a measurement of how light propagates through a specific substance, meets dōTERRA established standards.

Step 3: Contamination Testing



Batches that make it through the physical testing are then run through a series of contamination tests to confirm that there are no harmful contaminants. We test for potentially harmful microorganisms, heavy metals, and pesticides to certify that use is safe for your entire family when proper usage guidelines are followed. Our CPTG® quality testing process does not stop here. We continue on with a fourth step of testing to ensure these essential oils remain pure for the entire shelf life of the product.

Step 4: On-Going Stability Testing



The final phase of testing verifies that CPTG® oils will maintain their purity and efficacy for as long as you intend to use them. Stability testing is ongoing and involves not only examining the integrity of the essential oils, but of their packaging as well. In the first series of tests, utilizing chambers that can alter temperature and humidity, we analyze what happens to the essential oils when exposed to different atmospheric conditions in both accelerated and long-term studies for extended periods of time. This testing protocol ensures that dōTERRA CPTG® essential oils will continue to provide safe and effective benefits years after they have been manufactured.



With no official controlling entity, dōTERRA has confirmed its dedication to honesty by developing an industry-first testing protocol which verifies that each bottle's contents actually match the purity and quality claims made on the label. With dōTERRA CPTG® essential oils, you can be certain that every product is safe and effective, and will be for the entirety of its shelf-life.

Visit youtube.com/doTERRAcorp to view "CPTG® Essential Oils is Part of dōTERRA Promise to You"



dōTERRA emotional aromatherapy™

INNOVATIVE WAY TO INFLUENCE EMOTIONS

Scientists and psychologists have spent centuries trying to understand the phenomena we refer to as emotions. Although science can not yet definitively explain the exact mechanisms, we do know that emotions have vast influence on well-being. Employing the most current research and the purest essential oils, the new dōTERRA Emotional Aromatherapy blends are unique volatile aromatic compounds that address the emotions that so greatly influence your health.

Although the term was not coined until the 20th century, aromatherapy has been used to influence emotions for thousands of years. How essential oils influence emotions through their aroma is a fascinatingly complex process. While much is known about aromatherapy, we are just beginning to understand the connection between scent and emotions. It wasn't until the early 1990s, with a Nobel prize winning study by Linda Buck and Richard Axel, that biologists began to understand the chemical sensors responsible for the remarkable effects of scent. Recently, olfactory sensors were discovered to be present not only in our nose, but also in

our skin, a discovery that has a multitude of implications for the future of aromatherapy research and essential oil use (Busse, et al.). Scent is an amazingly powerful tool that we can use to influence our lives in a multitude of ways.

Experience for yourself

The foundation of all CPTG Certified Pure Therapeutic Grade® essential oils is chemistry. Chemical constituents and their concentrations determine the benefits and aroma of these gifts of the Earth. Use of the Emotional Aromatherapy blends is predicated on their unique chemical profiles. Included in the kit is an instructional diagram that breaks down categories of essential oils to help guide use based on the chemistry and composition of each blend. The diagram is broken up into six different categories: mints, citrus, spices, herbs and grasses, trees, and florals. Each category is known to have broad constituent profiles that elicit specific emotional responses. Combining them in precise ratios creates an entirely new spectrum of benefits.

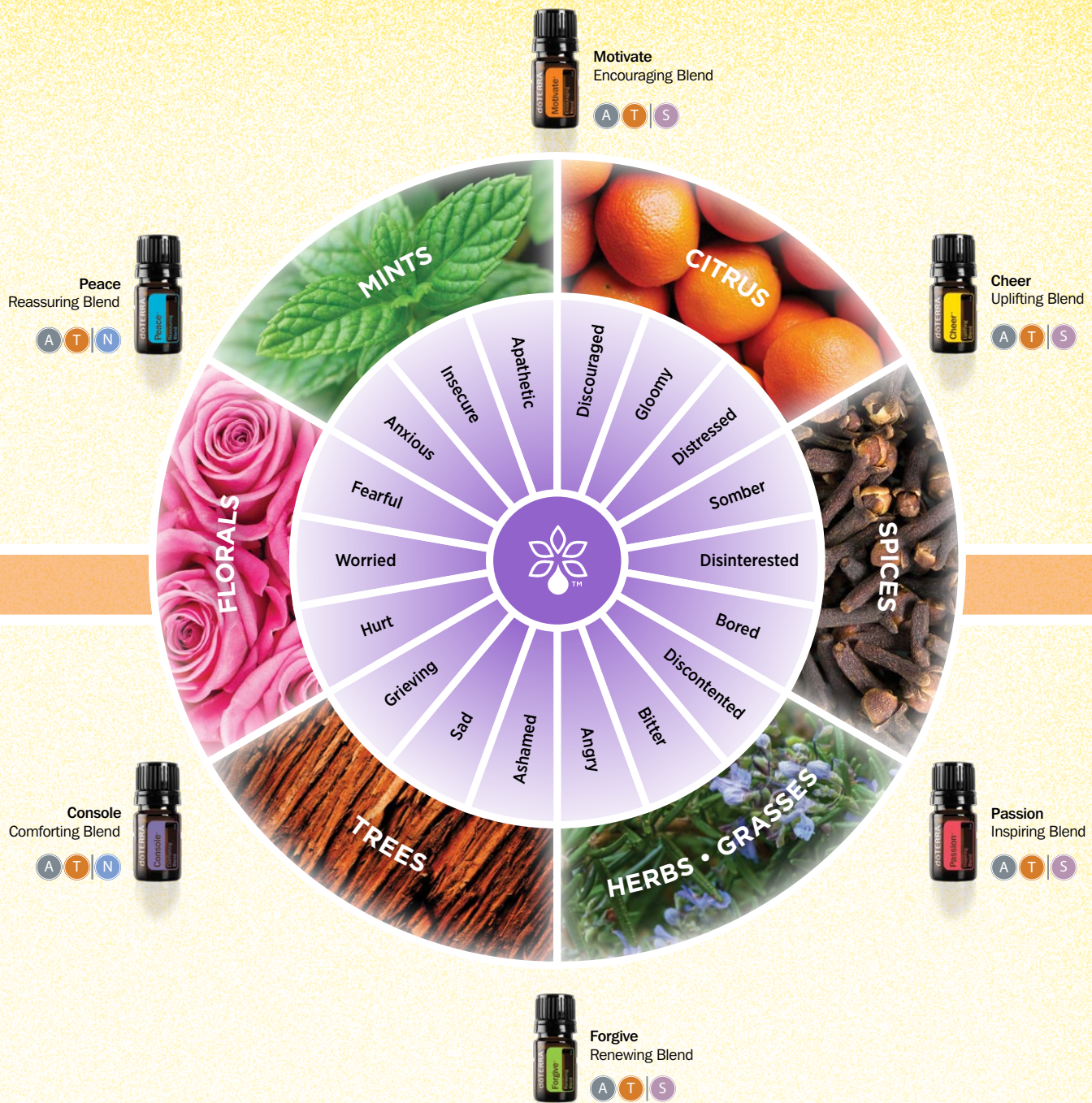
The triggers and responses are uniquely individual, but the one constant is that

we all have emotions. For one person, the sweet smell of Cheer may be uplifting by reminding them of a childhood playing in the citrus groves; for another it may prompt feelings of distress due to a totally different experience. The beauty of the Emotional Aromatherapy Kit is that the uses for the new blends are limitless and best results will come from experimenting with them on your own. While we know, based on chemistry and aromatherapy research, that the blends tend to stimulate specific emotional responses, how they will benefit you is highly individual. The Emotional Aromatherapy diagram should be used as a guide for initial use, but experiment to discover their true value for you.

The dōTERRA Emotional Aromatherapy System is an innovative way to become familiar with the benefits of aromatherapy and help balance your moods, promoting overall well-being. Experience it for yourself.

References

Busse D, et al. Journal of Investigative Dermatology.2014;134(11):2823-2832.



The dōTERRA Emotional Aromatherapy System includes six unique blends

Motivate Encouraging Blend is a wonderful combination of several citrus and mint essential oils, including Yuzu, Clementine, and Peppermint. The resulting chemical profile is high in monoterpenes and monoterpene alcohols, which are known for their uplifting and toning properties.

Cheer Uplifting Blend is an invigorating mixture of citrus and spice essential oils. Featuring Wild Orange, Cinnamon Bark, and Star Anise essential oils, the resulting chemical profile is rich in monoterpene and aldehydes, renowned for their uplifting and warming properties.

Passion Inspiring Blend balances spice and herbal essential oils. Combining Cinnamon Bark, Ginger, Cardamom, Clove, and Damiana creates a chemical profile with high concentrations of phenols and ethers to provide warming and renewing benefits.

Forgive Renewing Blend mixes familiar tree and herb essential oils to create a diverse chemical profile with high concentrations of monoterpene esters and alcohols. Pure Thyme essential oil along with several tree oils produces a blend with renewing and toning properties.

Console Comforting Blend combines floral and tree essential oils. The combination of Rose absolute, Ylang Ylang, Frankincense, Sandalwood, and several other highly valued tree and flower essential oils creates a blend rich in both monoterpenes and sesquiterpene alcohols. The final product mirrors its chemical component composition, being highly grounding and renewing.

Peace Reassuring Blend is a fusion of floral and mint essential oils. The amalgamation of popular essential oils such as Lavender and Spearmint, along with the essence of some lesser-known plants such as Labdanum creates a chemical profile rich in monoterpene esters and alcohols for a renewing and toning experience.

PRODUCT GUIDE

ESSENTIAL OIL SINGLES

The dōTERRA® collection of single essential oils represents the finest aromatic extracts available in the world today. Each oil provides the living essence of its botanical source, gently distilled from plants that are nurtured and carefully harvested throughout the world. Each oil is natural and passes strict standards of purity and potency. A beautiful palette of botanical energies, they can be used individually or blended for personalized essential oil therapies.

 <p>ARBORVITAE ESSENTIAL OIL <i>Thuja plicata</i></p> <p>A T N</p> <p>49360001 5 mL \$29.33 retail \$22.00 whl 22 PV</p>	 <p>BASIL ESSENTIAL OIL <i>Ocimum basilicum</i></p> <p>A T I N</p> <p>30010001 15 mL \$26.67 retail \$20.00 whl 20 PV</p>	 <p>BERGAMOT ESSENTIAL OIL <i>Citrus bergamia</i></p> <p>A T I S</p> <p>30790001 15 mL \$36.67 retail \$27.50 whl 27.5 PV</p>	 <p>BLACK PEPPER ESSENTIAL OIL <i>Piper nigrum</i></p> <p>A T I S</p> <p>41040001 5 mL \$29.33 retail \$22.00 whl 22 PV</p>	 <p>CARDAMOM ESSENTIAL OIL <i>Elettaria cardamomum</i></p> <p>A T I N</p> <p>49350001 5 mL \$34.66 retail \$26.00 whl 26 PV</p>
 <p>CASSIA ESSENTIAL OIL <i>Cinnamomum cassia</i></p> <p>A T I D</p> <p>30020001 15 mL \$25.33 retail \$19.00 whl 19 PV</p>	 <p>CEDARWOOD ESSENTIAL OIL <i>Juniperus virginiana</i></p> <p>A T S</p> <p>49300001 15 mL \$17.33 retail \$13.00 whl 13 PV</p>	 <p>CILANTRO ESSENTIAL OIL <i>Coriandrum sativum</i></p> <p>A T I N</p> <p>41850001 15 mL \$34.67 retail \$26.00 whl 26 PV</p>	 <p>CINNAMON ESSENTIAL OIL <i>Cinnamomum zeylanicum</i></p> <p>A T I D</p> <p>30030001 5 mL \$28.00 retail \$21.00 whl 21 PV</p>	 <p>CLARY SAGE ESSENTIAL OIL <i>Salvia sclarea</i></p> <p>A T I N</p> <p>30420001 15 mL \$48.67 retail \$36.50 whl 36.5 PV</p>
 <p>CLOVE ESSENTIAL OIL <i>Eugenia caryophyllata</i></p> <p>A T I D</p> <p>30040001 15 mL \$18.67 retail \$14.00 whl 14 PV</p>	 <p>CORIANDER ESSENTIAL OIL <i>Coriandrum sativum</i></p> <p>A T I N</p> <p>30780001 15 mL \$34.67 retail \$26.00 whl 26 PV</p>	 <p>CYPRESS ESSENTIAL OIL <i>Cupressus sempervirens</i></p> <p>A T N</p> <p>30050001 15 mL \$20.67 retail \$15.50 whl 15.5 PV</p>	 <p>DOUGLAS FIR ESSENTIAL OIL <i>Pseudotsuga menziesii</i></p> <p>A T N</p> <p>31590001 5 mL \$30.00 retail \$22.50 whl 22.5 PV</p>	 <p>EUCALYPTUS ESSENTIAL OIL <i>Eucalyptus radiata</i></p> <p>A T S</p> <p>30060001 15 mL \$18.67 retail \$14.00 whl 14 PV</p>
 <p>FENNEL, SWEET ESSENTIAL OIL <i>Foeniculum vulgare</i></p> <p>A T I S</p> <p>41290001 15 mL \$20.00 retail \$15.00 whl 15 PV</p>	 <p>FRANKINCENSE ESSENTIAL OIL <i>Boswellia carterii, frereana, and sacra</i></p> <p>A T I N</p> <p>30070001 15 mL \$93.00 retail \$69.75 whl 69.75 PV</p>	 <p>GERANIUM ESSENTIAL OIL <i>Pelargonium graveolens</i></p> <p>A T I S</p> <p>30090001 15 mL \$36.00 retail \$27.00 whl 27 PV</p>	 <p>GINGER ESSENTIAL OIL <i>Zingiber officinale</i></p> <p>A T I S</p> <p>30080001 15 mL \$52.00 retail \$39.00 whl 39 PV</p>	 <p>GRAPEFRUIT ESSENTIAL OIL <i>Citrus X paradisi</i></p> <p>A T I N</p> <p>30100001 15 mL \$21.33 retail \$16.00 whl 16 PV</p>
 <p>HELICHRYSUM ESSENTIAL OIL <i>Helichrysum italicum</i></p> <p>A T I N</p> <p>30410001 5 mL \$100 retail \$75 whl 75 PV</p>	 <p>JUNIPER BERRY ESSENTIAL OIL <i>Juniperus communis</i></p> <p>A T I N</p> <p>49290001 5 mL \$25.33 retail \$19.00 whl 19 PV</p>	 <p>LAVENDER ESSENTIAL OIL <i>Lavendula angustifolia</i></p> <p>A T I N</p> <p>30110001 15 mL \$28.00 retail \$21.00 whl 21 PV</p>	 <p>LEMON ESSENTIAL OIL <i>Citrus limon</i></p> <p>A T I N</p> <p>30120001 15 mL \$13.33 retail \$10.00 whl 10 PV</p>	 <p>LEMONGRASS ESSENTIAL OIL <i>Cymbopogon flexuosus</i></p> <p>A T I S</p> <p>30130001 15 mL \$13.33 retail \$10.00 whl 10 PV</p>
 <p>LIME ESSENTIAL OIL <i>Citrus aurantifolia</i></p> <p>A T I S</p> <p>30870001 15 mL \$17.33 retail \$13.00 whl 13 PV</p>	 <p>MARJORAM ESSENTIAL OIL <i>Origanum majorana</i></p> <p>A T I N</p> <p>30140001 15 mL \$25.33 retail \$19.00 whl 19 PV</p>	 <p>MELALEUCA ESSENTIAL OIL <i>Melaleuca alternifolia</i></p> <p>A T I N</p> <p>30150001 15 mL \$25.33 retail \$19.00 whl 19 PV</p>	 <p>MELISSA ESSENTIAL OIL <i>Melissa officinalis</i></p> <p>A T I N</p> <p>30850001 5 mL \$153.33 retail \$115.00 whl 115 PV</p>	 <p>MYRRH ESSENTIAL OIL <i>Commiphora myrrha</i></p> <p>A T I N</p> <p>30160001 15 mL \$69.33 retail \$52.00 whl 52 PV</p>
 <p>OREGANO ESSENTIAL OIL <i>Origanum vulgare</i></p> <p>A T I D</p> <p>30180001 15 mL \$32.00 retail \$24.00 whl 24 PV</p>	 <p>PATCHOULI ESSENTIAL OIL <i>Pogostemon cablin</i></p> <p>A T I N</p> <p>30890001 15 mL \$39.33 retail \$29.50 whl 29.5 PV</p>	 <p>PEPPERMINT ESSENTIAL OIL <i>Mentha piperita</i></p> <p>A T I S</p> <p>30190001 15 mL \$27.33 retail \$20.50 whl 20.5 PV</p>	 <p>ROMAN CHAMOMILE ESSENTIAL OIL <i>Anthemis nobilis</i></p> <p>A T I N</p> <p>30800001 5 mL \$44.00 retail \$33.00 whl 33 PV</p>	 <p>ROSEMARY ESSENTIAL OIL <i>Rosmarinus officinalis</i></p> <p>A T I N</p> <p>30200001 15 mL \$18.67 retail \$14.00 whl 14 PV</p>

APPLICATION METHODS A Can be used aromatically T Can be use topically I Can be used internally

SKIN SENSITIVITY N Can be used topically with no dilution (NEAT) S Dilute for young or sensitive skin (SENSITIVE) D Dilute before using topically (DILUTE)



SANDALWOOD ESSENTIAL OIL
Santalum album

A T I N

30210001	5 mL
\$82.33 retail	\$61.75 whl
61.75 PV	



SANDALWOOD HAWAIIAN ESSENTIAL OIL
Santalum paniculatum

A T I N

41860001	5 mL
\$82.33 retail	\$61.75 whl
61.75 PV	



SPEARMINT ESSENTIAL OIL
Mentha spicata

A T I S

31610001	15 mL
\$38.67 retail	\$29.00 whl
29 PV	



THYME ESSENTIAL OIL
Thymus vulgaris

A T I D

30220001	15 mL
\$36.67 retail	\$27.50 whl
27.5 PV	



VETIVER ESSENTIAL OIL
Vetiveria zizanioides

A T I N

30430001	15 mL
\$46.00 retail	\$34.50 whl
34.5 PV	



WHITE FIR ESSENTIAL OIL
Abies alba

A T N

30250001	15 mL
\$26.67 retail	\$20.00 whl
20 PV	



WILD ORANGE ESSENTIAL OIL
Citrus sinensis

A T I N

30170001	15 mL
\$14.00 retail	\$10.50 whl
10.5 PV	



WINTERGREEN ESSENTIAL OIL
Gaultheria fragrantissima

A T S

31620001	15 mL
\$25.33 retail	\$19.00 whl
19 PV	



YLANG YLANG ESSENTIAL OIL
Cananga odorata

A T I N

30240001	15 mL
\$47.00 retail	\$35.25 whl
35.25 PV	



PEPPERMINT BEADLET

31570001	125 ct.
\$15.33 retail	\$11.50 whl
11.5 PV	

PROPRIETARY ESSENTIAL OIL BLENDS

dōTERRA's essential oil blends are proprietary formulas for targeted wellness applications. They represent the converging wisdom of many years of essential oil experience and validation of a growing body of research and scientific study. Harnessing the inherent living energies of plants, each formula is synergistically balanced to enhance product potency and benefits and contains only CPTG Certified Pure Therapeutic Grade® essential oils.



AROMATOUCH® MASSAGE BLEND

T N

31200001	15 mL
\$34.67 retail	\$26.00 whl
26 PV	



dōTERRA BALANCE® GROUNDING BLEND

A T N

31010001	15 mL
\$26.67 retail	\$20.00 whl
20 PV	



dōTERRA BREATHE™ RESPIRATORY BLEND

A T S

49370001	15 mL
\$26.66 retail	\$20.00 whl
20 PV	



CITRUS BLISS® INVIGORATING BLEND

A T N

31020001	15 mL
20.00 retail	\$15.00 whl
15 PV	



CLARYCALM® MONTHLY BLEND FOR WOMEN

A T N

35270001	10 mL
\$32.67 retail	\$24.50 whl
24.5 PV	



DEEP BLUE® SOOTHING BLEND

T S

31380001	10 mL
\$85.33 retail	\$64.00 whl
64 PV	



DIGESTZEN® DIGESTIVE BLEND

A T I N

31030001	15 mL
\$41.33 retail	\$31.00 whl
31 PV	



ELEVATION JOYFUL BLEND

A T N


31040001	15 mL
\$49.33 retail	\$37.00 whl
37 PV	



HD CLEAR® TOPICAL BLEND

T N

49400001	10 mL
\$28.00 retail	\$21.00 whl
21 PV	



IMMORTELE ANTI-AGING BLEND

T N

37140001	10 mL
\$92.67 retail	\$69.50 whl
69.5 PV	



INTUNE® FOCUS BLEND

A T N

41840001	15 mL
\$46.00 retail	\$34.50 whl
34.5 PV	



dōTERRA ON GUARD® PROTECTIVE BLEND

A T I S


31100001	15 mL
\$42.67 retail	\$32.00 whl
32 PV	



PASTTENSE® TENSION BLEND

A T N

31350001	10 mL
\$24.67 retail	\$18.50 whl
18.5 PV	



PURIFY CLEANSING BLEND

A T N

31060001	15 mL
\$24.00 retail	\$18.00 whl
18 PV	



dōTERRA SERENITY® CALMING BLEND

A T N

31090001	15 mL
\$40.00 retail	\$30.00 whl
30 PV	



SLIM & SASSY® METABOLIC BLEND

A T I S

31370001	15 mL
\$32.67 retail	\$24.50 whl
24.5 PV	



TERRASHIELD® REPELLENT BLEND

A T N

31190001	15 mL
\$12.67 retail	\$9.50 whl
9.5 PV	



WHISPER™ BLEND FOR WOMEN

A T N

31080001	5 mL
\$32.00 retail	\$24.00 whl
24 PV	



ZENDOCRINE® DETOXIFICATION BLEND

A T I S

31460001	15 mL
\$32.67 retail	\$24.50 whl
24.5 PV	



dōTERRA ON GUARD® BEADLET

31580001	125 ct.
\$20.00 retail	\$15 whl
15 PV	

dōTERRA TOUCH™ KIT

Striking the proper balance between protecting sensitive skin while still maximizing the absorption of beneficial essential oils is not just a matter of science, but also of art. dōTERRA Touch has achieved that balance.

Featuring eight of our most popular oils in a base of Fractionated Coconut Oil, Touch Kit makes application simple with 9mL roll-ons. dōTERRA Touch is ideal for children and adults with sensitive skin and they're ready to use so that you can immediately start to benefit from essential oils.



dōTERRA TOUCH™ KIT NEW!



- dōTERRA Breathe™
- Deep Blue®
- DigestZen®
- Frankincense
- Lavender
- Melaleuca
- dōTERRA On Guard®
- Oregano
- Peppermint

21190001	160 PV
\$225.33 retail	\$169.00 wholesale



dōTERRA BREATHE™ NEW!
TOUCH BLEND



31820001	9 mL roll-on
\$17.33 retail	\$13.00 whl
	13 PV



DEEP BLUE® NEW!
TOUCH BLEND



31810001	9 mL roll-on
\$55.67 retail	\$41.75 whl
	41.75 PV



DIGESTZEN® NEW!
TOUCH BLEND



31780001	9 mL roll-on
\$27.00 retail	\$20.25 whl
	20.25 PV



FRANKINCENSE NEW!
TOUCH BLEND



31800001	9 mL roll-on
\$60.67 retail	\$45.50 whl
	45.5 PV



LAVENDER NEW!
TOUCH BLEND



31660001	9 mL roll-on
\$18.33 retail	\$13.75 whl
	13.75 PV



MELALEUCA NEW!
TOUCH BLEND



31680001	9 mL roll-on
\$16.67 retail	\$12.50 whl
	12.5 PV



OREGANO NEW!
TOUCH BLEND



31770001	9 mL roll-on
\$21.00 retail	\$15.75 whl
	15.75 PV



dōTERRA ON GUARD® NEW!
TOUCH BLEND



31790001	9 mL roll-on
\$28.00 retail	\$21.00 whl
	21 PV



PEPPERMINT NEW!
TOUCH BLEND

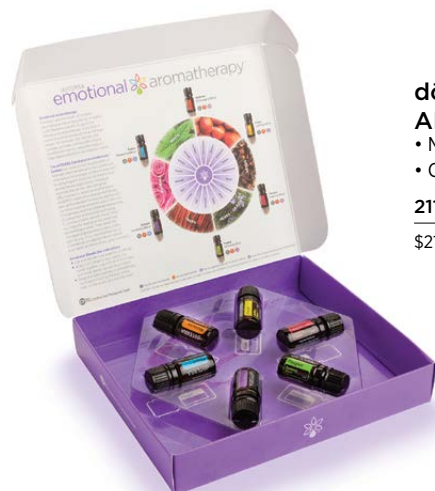


31670001	9 mL roll-on
\$18.00 retail	\$13.50 whl
	13.5 PV

dōTERRA EMOTIONAL AROMATHERAPY™ KIT

NEW!

The dōTERRA Emotional Aromatherapy System contains six unique essential oil blends that have been carefully formulated to provide targeted emotional health benefits. Each delicate blend contains pure, therapeutic-grade essential oils that can be used aromatically or topically to help balance and brighten your changing moods. Just a few drops of these naturally complex, fragrant blends can elicit profound emotional responses to help you let go of burdens, find comfort and encouragement, or inspire you to dream with passion again.



dōTERRA EMOTIONAL AROMATHERAPY™ KIT

- Motivate • Passion • Console
- Cheer • Forgive • Peace

21140001	150 PV
\$212.00 retail	\$159.00 wholesale



dōTERRA MOTIVATE™ NEW!
ENCOURAGING BLEND



31740001	5 mL bottle
\$30.67 retail	\$23.00 whl
	23 PV



dōTERRA CHEER™ NEW!
UPLIFTING BLEND



31720001	5 mL bottle
\$33.33 retail	\$25.00 whl
	25 PV



dōTERRA PASSION™ NEW!
INSPIRING BLEND



31760001	5 mL bottle
\$56.00 retail	\$42.00 whl
	42 PV



dōTERRA FORGIVE™ NEW!
RENEWING BLEND



31750001	5 mL bottle
\$26.67 retail	\$20.00 whl
	20 PV



dōTERRA CONSOLE™ NEW!
COMFORTING BLEND



31730001	5 mL bottle
\$49.33 retail	\$37.00 whl
	37 PV



dōTERRA PEACE™ NEW!
REASSURING BLEND



31710001	5 mL bottle
\$37.33 retail	\$28.00 whl
	28 PV

ESSENTIAL USAGE

TOPICAL USE



FRACTIONATED COCONUT OIL



Ideal for combining with essential oils for topical use.

- Feather-light emollient provides a soothing barrier without clogging pores
- Completely soluble with all essential oils; odorless, colorless, and non-staining

30260001	3.8 oz
\$16.00 retail	\$12.00 wholesale 12 PV

HAND AND BODY LOTION

Enjoy the benefits of adding your favorite essential oils as you discover silky, smooth skin with this hydrating lotion.

- Fragrance-free, light-weight lotion—perfect for hydrating the skin

36100001	6.7 oz tube
\$19.33 retail	\$14.50 wholesale 14.5 PV



CORRECT-X® ESSENTIAL OIL OINTMENT

Correct-X is an all-natural topical ointment using powerful CPTG® essential oils that assists with various skin conditions.

- Petroleum free
- Includes plant-based ingredients that protect skin from water and dirt
- Safe and easy to use
- Utilizes CPTG essential oils of Frankincense, Helichrysum, Melaleuca, Cedarwood, and Lavender

60110001	15 mL/.5 oz
\$16.00 retail	\$12.00 wholesale 10 PV

AROMATIC USE

LOTUS DIFFUSER

Modern and elegant, the Lotus Diffuser quickly releases the benefits of dōTERRA essential oils into the air.

- Features three settings—1, 2, and 3 hours
- Covers up to 330 square feet
- Provides a decorative piece to any home or office

33160001	40 PV
\$119.93 retail	\$89.95 wholesale



INTERNAL USE

VEGGIE CAPS

Customize your essential oil supplement regimen with vegetarian capsules that absorb quickly and easily.

- Free of preservatives, gelatin, wheat, sugar, starch, dairy, and animal products
- Made of inert vegetable ingredients that do not interfere with digestion

34100001	160 HPMC capsules
\$5.33 retail	\$4.00 wholesale 0 PV



dōTERRA CLOUD™ DIFFUSER NEW!

dōTERRA Cloud™ is a waterless diffuser that contains state-of-the-art, patent-pending technology that provides substantial mist diffusion with minimal noise output.

- Optional LED white light
- Three customized settings for mist output, run time, and pause time
- Covers 600 sq. ft.

33300001	40 PV
\$119.93 retail	\$89.95 wholesale



PETAL DIFFUSER

The dōTERRA® Petal Diffuser is a small, user-friendly diffuser that delivers a variety of benefits. It has a relaxing mist and soft white ambient light, and can cover up to 100 square feet. This convenient diffuser is stable, light, and easy to use.

- 1, 2, and 4 hour diffuser settings
- Optional LED light
- Ultra-fine mist reaches up to 330 square feet

33150001	20 PV
\$62.66 retail	\$47.00 wholesale



AROMA LITE DIFFUSER

- Features four LED mist settings and an optional night light
- Designed to be small and compact—perfect for traveling and hotel use

33130001	40 PV
\$119.93 retail	\$89.95 wholesale



AROMA-ACE DIFFUSER

Output volume control allows you to choose the intensity of your aromatherapy experience

- Preserves the natural essence and complete benefits of essential oils by not using heat or water
- Comes with a 15 mL bottle of dōTERRA On Guard® Protective Blend

33030001	40 PV
\$173.27 retail	\$129.95 wholesale

OIL HOLDER NOZZLE 2-PACK

33330000	0 PV
\$12.67 retail	\$9.50 wholesale

PRODUCT GUIDE

dōTERRA ON GUARD® PRODUCTS

dōTERRA ON GUARD® FOAMING HAND WASH

Keep your hands clean and protected with the power of dōTERRA On Guard essential oil blend.

- Conveniently packaged in a 16-ounce bottle that fills 8-ounce foaming dispensers
- Formulated with the unique dōTERRA On Guard Protective Blend
- Non-toxic and environmentally safe

ON GUARD® FOAMING HAND WASH WITH 2 DISPENSERS

38070001	\$30.00 retail	\$22.50 wholesale	18.5 PV
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SINGLE REFILL

38010001	\$24.67 retail	\$18.50 wholesale	18.5 PV
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TWIN PACK REFILL

38020001	\$44.67 retail	\$33.50 wholesale	33.5 PV
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dōTERRA ON GUARD® top seller PROTECTIVE BLEND



With its unique aroma, dōTERRA On Guard offers a fragrant, natural, and effective alternative to synthetic options for immune support.

31100001	15 mL bottle		
	\$42.67 retail	\$32.00 wholesale	32 PV

dōTERRA ON GUARD® NATURAL WHITENING TOOTHPASTE

Clean teeth with the added benefit of dōTERRA On Guard Protective Blend*

- Fluoride-free formulation helps reduce plaque while whitening teeth
- Unique cinnamon-mint flavor mixed with xylitol for fresh and clean breath and toothbrush
- Boasts the benefits of dōTERRA On Guard essential oil blend

38910001	4.2 oz		
	\$11.33 retail	\$8.50 wholesale	5 PV

dōTERRA ON GUARD® PROTECTING THROAT DROPS

Keep your winter season healthy with the convenience of these immune-supporting throat drops.*

- Helps calm and soothe occasional dry, scratchy throats
- Features the immune-supporting properties of dōTERRA On Guard Protective Blend
- Formulated with all-natural organic cane juice and brown rice syrup

34050001	30 drops		
	\$19.33 retail	\$14.50 wholesale	14.5 PV

dōTERRA ON GUARD® LAUNDRY DETERGENT

dōTERRA On Guard Laundry Detergent is a naturally based, highly concentrated 6X laundry detergent that utilizes the power of dōTERRA On Guard Protective Blend and bio-originated enzymes for amazingly clean clothes.

- Contains 10 mL of dōTERRA On Guard Protective Blend (over \$28 retail value) for an added cleaning boost
- Safe for the environment and the whole family
- 64 loads in each bottle

38980001	32 fl oz		
	\$32.67 retail	\$24.50 wholesale	20 PV

dōTERRA ON GUARD® BEADLETS

dōTERRA On Guard Beadlets provide an easy and convenient way to obtain the unique benefits of dōTERRA On Guard Protective Blend.

- Supports healthy immune function*
- Provides a convenient consumption method for dōTERRA On Guard Protective Blend

31580001	125 beadlets		
	\$20.00 retail	\$15.00 wholesale	15 PV

dōTERRA ON GUARD® CLEANER CONCENTRATE

The ideal natural cleaner, dōTERRA On Guard Concentrate is fortified with dōTERRA On Guard Protective Blend.

- Features a non-toxic, biodegradable formula safe for the entire family
- Combines plant-based derivatives with the powerful dōTERRA On Guard Protective Blend

38140001	12 fl oz		
	\$19.33 retail	\$14.50 wholesale	10 PV

dōTERRA ON GUARD+ SOFTGELS

dōTERRA On Guard+ Softgels combine the proprietary blend of dōTERRA On Guard® essential oil with Black Pepper, Oregano, and Melissa essential oils for additional immune support.* dōTERRA On Guard+ is a great way to strengthen and maintain healthy immune function when seasonal threats are high or to protect against elements that can weaken the immune system.*

- Helps support and maintain a healthy immune system*
- Protects the body against seasonal threats*
- Supports healthy circulation and respiratory function*

35420001	60 vegetarian softgels		
	\$32.67 retail	\$24.50 wholesale	21 PV



dōTERRA ON GUARD® WHITENING TOOTHPASTE SAMPLES

The amazing benefits of dōTERRA On Guard Whitening Toothpaste need to be shared and this convenient packaging provides the opportunity to share it with 10 of your closest friends.

- Pack of 10 in a convenient envelope
- Same formula as the full-sized tube
- Easy to share and convenient to take on-the-go

39000001	10 samples, 2 g each		
	\$4.66 retail	\$3.50 wholesale	0 PV

*These statements have not been evaluated by the Federal Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.

SKIN CARE



HD CLEAR® TOPICAL BLEND



Used as a spot treatment or an over-all application, HD Clear Topical Blend promotes a clear and healthy complexion with essential oils renowned for their skin-benefiting properties.

- Features a unique blend of black cumin seed oil as well as CPTG® essential oils of Ho Wood, Melaleuca, Eucalyptus, Geranium, and Litsea
- Helps balance complexion
- Promotes clear-looking skin by targeting the site of blemishes

49400001	10 mL roll on
\$28.00 retail	\$21.00 wholesale 21 PV

HD CLEAR® KIT

This kit contains HD Clear Foaming Face Wash, Topical Blend, and Facial Lotion for a beautifully balanced complexion.

42700001	40 PV
\$61.33 retail	\$46.00 wholesale

HD CLEAR® FACIAL LOTION

Enjoy a beautiful, smooth complexion with HD Clear Facial Lotion. This lotion contains natural emollients to promote healthy levels of moisture in the skin for a balanced complexion as well as CPTG essential oils combined with botanical extracts known to assist in achieving blemish-free skin.

- Features a unique blend of black cumin seed oil as well as CPTG essential oils of Ho Wood, Melaleuca, Eucalyptus, Geranium, and Litsea
- All natural ingredients help target blemishes for clear and clean skin
- Absorbs quickly leaving skin feeling soft and smooth

49410001	50 mL/1.7 fl oz
\$45.33 retail	\$34.00 wholesale 34 PV

HD CLEAR® FOAMING FACE WASH

UPGRADED!

Discover the perfect solution for problem skin of all ages with the dōTERRA® HD Clear Foaming Face Wash.

- Designed to thoroughly cleanse without stripping away natural moisture
- Contains CPTG essential oils and plant extracts that will leave your skin extra clean and soft

49420001	50 mL/1.7 fl oz
\$28.00 retail	\$21.00 wholesale 21 PV

VERÁGE™ SKIN CARE COLLECTION

A collection that brings together Veráge Cleanser, Toner, Immortelle Hydrating Serum, and Moisturizer for beautiful, healthy skin.

42690001	70 PV
\$112.66 retail	\$84.50 wholesale

VERÁGE™ TONER

Veráge Toner combines CPTG essential oils with nourishing plant extracts to create a tightened, toned appearance of skin—anytime, anywhere. This hydrating toner fortifies and refreshes the skin while invigorating the senses for an energizing boost and a glowing complexion.

- CPTG essential oils of Ylang Ylang, Palmarosa, Cypress, and Coriander tone and balance skin
- Nourishing plant extracts provide targeted moisture and toning to help skin look its best
- Easy mist application

37390001	50 mL/1.7 fl oz
\$29.33 retail	\$22.00 wholesale 22 PV

VERÁGE™ CLEANSER

Smooth skin begins with Veráge Cleanser. This all natural gel cleanser purifies skin for a fresh, youthful-looking complexion.

- Infused with CPTG® essential oils of Wild Orange, Melaleuca, and Basil to gently cleanse and lift away impurities
- Invigorates and cleanses skin while natural emollients nourish and hydrate

37380001	60 g / 2 fl oz
\$33.33 retail	\$25.00 wholesale 25 PV

VERÁGE™ IMMORTELLE HYDRATING SERUM

Experience the age-defying effects of Veráge Immortelle Hydrating Serum. This powerful formula combines CPTG essential oils with plant extracts for smoother, more youthful-looking skin.

- Utilizes the CPTG essential oils found in the popular Immortelle blend for radiant skin
- Specialized plant technology promotes optimal hydration

37400001	15 mL/.5 fl oz
\$86.66 retail	\$65.00 wholesale 65 PV

VERÁGE™ MOISTURIZER

Veráge Moisturizer combines CPTG essential oils with plant extracts for natural hydration and skin nourishment. This light, non-greasy moisturizer absorbs quickly but hydrates deeply, helping to reduce the appearance of fine lines and wrinkles for a smooth, even complexion.

- Formulated with CPTG essential oils of Juniper Berry, Jasmine, Sea Buckthorn Berry, and Geranium—all known to revitalize the skin
- Uses natural ingredients to hydrate skin, helping reduce the appearance of fine lines and wrinkles

37410001	30 g / 1 fl oz
\$37.33 retail	\$28.00 wholesale 28 PV



PRODUCT GUIDE

FACIAL CLEANSER

With the CPTG Certified Pure Therapeutic Grade® essential oils of Melaleuca and Peppermint, dōTERRA® Facial Cleanser gently washes away impurities and leaves your skin feeling clean, fresh, and smooth. Cruciferous vegetable extracts also work to soothe skin irritation and protect skin from environmental elements.

37010001	4 oz	
\$22.00 retail	\$16.50 wholesale	16.5 PV

PORE REDUCING TONER

Formulated to visibly reduce the appearance of pores, dōTERRA® Pore Reducing Toner contains CPTG Certified Pure Therapeutic Grade essential oils of Lavender, Ylang Ylang, and German Chamomile to calm sensitive skin

37020001	4 fl oz	
\$23.33 retail	\$17.50 wholesale	17.5 PV

HYDRATING CREAM

Packed with emollient-rich ingredients to provide intense moisture without leaving an oily residue, dōTERRA® Hydrating Cream is designed to assist in the rejuvenation of mature skin, restore balance to the skin, and help reduce the visible signs of aging to reveal a more youthful and glowing appearance.

37160001	1.7 oz	
\$46.00 retail	\$34.50 wholesale	34.5 PV

TIGHTENING SERUM

Featuring CPTG essential oils of Frankincense, Hawaii Sandalwood, and myrrh in generous proportion, dōTERRA® Tightening Serum is scientifically formulated to reduce the appearance of fine lines and wrinkles and promote skin hydration.

37040001	1 oz	
\$66.00 retail	\$49.50 wholesale	49.5 PV



ANTI-AGING MOISTURIZER

Cutting-edge ingredients combine with the CPTG essential oils of Lavender, Jasmine, Geranium and Frankincense to provide an anti-aging moisturizer that does more than moisturize and soften skin. Anti-Aging Moisturizer targets the visible signs of aging, improving skin tone, reducing the appearance of wrinkles as well as helping to keep skin looking young and vibrant.

37030001	1.7 oz	
\$46.00 retail	\$34.50 wholesale	34.5 PV

INVIGORATING SCRUB

Invigorate and energize skin while exfoliating and polishing using this aromatic scrub. CPTG essential oils of Grapefruit and Peppermint make the exfoliating step of your beauty regimen a refreshing, aromatic experience. Jojoba and cruciferous vegetable extracts leave skin protected and smooth, while other cutting-edge ingredients work to prevent blemishes and the proliferation of skin discoloration.

37050001	2.5 oz	
\$24.00 retail	\$18.00 wholesale	18 PV

IMMORTELE ANTI-AGING BLEND

A proprietary blend of powerfully renewing, rare essential oils used throughout history for their beautifying benefits, Immortelle Anti-Aging Blend is formulated to protect and nourish skin. This essential oil blend of Frankincense, Sandalwood, Lavender, Myrrh, Helichrysum, and Rose, helps sustain smoother, more radiant and youthful skin.

37140001	10 mL roll on	
\$92.67 retail	\$69.50 wholesale	69.5 PV



REVEAL FACIAL SYSTEM

Reveal Facial System is a two-step process that will give your face a spa-like treatment, bringing the glow of your skin's radiance and beauty to the surface.

- Features dōTERRA citrus essential oils of Lime and Wild Orange to purify the skin
- Tiny polishing beads and botanical enzymes exfoliate dead skin cells for a fresh face
- Protein-building peptides support healthy and youthful-looking skin

37340001	2 tubes—1.7 oz each	
\$80.00 retail	\$60.00 wholesale	60 PV

dōTERRA® BREATHE PRODUCTS



dōTERRA BREATHE™ RESPIRATORY BLEND



Enhanced with the powerful respiratory benefits of Cardamom, dōTERRA Breathe is a remarkable blend of essential oils that promotes feelings of clear airways and easy breathing.

- Merges Laurel Leaf, Peppermint, Eucalyptus, Melaleuca, Lemon, Ravensara, and Cardamom essential oils
- Promotes feelings of easy breathing
- Helps minimize the effects of seasonal threats

49370001	15 mL bottle	
\$26.66 retail	\$20.00 wholesale	20 PV



dōTERRA BREATHE™ RESPIRATORY DROPS

The respiratory benefits of selected CPTG® essential oils from the dōTERRA Breathe blend can be found in this convenient and great tasting lozenge.

- Proprietary blend includes: Lemon, Peppermint, Eucalyptus, Thyme, Melissa, and Cardamom
- Maintains clear airways and breathing
- Supports overall respiratory health

35460001	30 drops	
\$19.33 retail	\$14.50 wholesale	14.5 PV



dōTERRA BREATHE™ VAPOR STICK

Enjoy the convenience, quick absorption, and smooth application of dōTERRA Breathe Vapor Stick. This unique delivery method of the dōTERRA Breathe essential oil blend can be used anytime, anywhere to promote feelings of clear airways.

- Maintains feelings of clear airways and breathing
- Quick, convenient delivery system
- Provides a cooling, soothing effect

34290001	.4 oz	
\$11.33 retail	\$8.50 wholesale	5 PV

DEEP BLUE® PRODUCTS



DEEP BLUE® top seller SOOTHING BLEND



A synergistic blend of CPTG® essential oils, Deep Blue provides a warm, tingly sensation when applied to the skin.

- Features Wintergreen, Camphor, Peppermint, Blue Tansy, German Chamomile, Helichrysm, and Osmanthus essential oils
- Apply as part of a soothing massage

31050001	5 mL bottle	
\$42.67 retail	\$32.00 wholesale	32 PV
31380001	10 mL roll on	
\$85.33 retail	\$64.00 wholesale	64 PV



DEEP BLUE® RUB SAMPLES

Receive the targeted benefits of dōTERRA® Deep Blue Rub in a convenient 10 pack carton. Enjoy sharing its soothing power at sporting events, the gym, or on-the-go.

- Ten 2 mL foil packets
- Formulated with Deep Blue Soothing Blend
- Easy to share and convenient to take on-the-go

38950001	Ten 2 mL samples	
\$6.67 retail	\$5.00 wholesale	0 PV



DEEP BLUE POLYPHENOL COMPLEX™

Now Deep Blue has a nutritional supplement that contains powerful polyphenols clinically tested to help with occasional soreness and discomfort.*

- Patent-pending, fast-acting boswellia extract shown to help support joint comfort and function*
- Includes proprietary, standardized extracts of Ginger, curcumin, resveratrol, and other polyphenols to soothe occasional aches and discomfort*
- Can be used in tandem with Deep Blue Rub or Deep Blue Soothing Blend

34360001	60 vegetable capsules	
\$79.33 retail	\$59.50 wholesale	59.5 PV

DEEP BLUE® RUB SOOTHING LOTION

Infused with Deep Blue Soothing Blend, Deep Blue Rub is a favorite of athletes.

- Formulated with the Deep Blue proprietary blend of essential oils and other powerful ingredients
- Cools and warms problem areas
- Blended in a base of moisturizing emollients that leave your skin feeling soft, not greasy

38900001	4 fl oz	
\$39.00 retail	\$29.25 wholesale	29.25 PV

HAIR CARE

dōTERRA SALON ESSENTIALS® HAIR CARE SYSTEM

Salon Essentials Hair Care System is the perfect way to experience the amazing benefits of all four dōTERRA® hair care products and provide a great savings. By purchasing the Protecting Shampoo, Smoothing Conditioner, and Root to Tip Serum in the Salon Essentials Hair Care System, Healthy Hold Glaze comes FREE!

36280001	70 PV	
\$103.33 retail	\$77.50 wholesale	

SALON ESSENTIALS® PROTECTING SHAMPOO

Enjoy the professional formulation of CPTG® essential oils, gentle cleansers, and botanical extracts in dōTERRA Salon Essentials Protecting Shampoo.

- Features a gentle lathering and cleansing boost from Wild Orange and Lime essential oils and plant extracts
- Gently removes impurities collected on the hair and scalp
- Lightly moisturizes hair, leaving it salon soft and touchable

36220001	8.34 fl oz	
\$26.00 retail	\$19.50 wholesale	19.5 PV



PROTECTING SHAMPOO 2-PACK

36240001	\$32.67 retail	\$24.50 wholesale	19.5 PV
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SMOOTHING CONDITIONER 2-PACK

36250001	\$38.67 retail	\$28.00 wholesale	23 PV
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SHAMPOO AND CONDITIONER

36260001	\$37.33 retail	\$28.00 wholesale	23 PV
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SALON ESSENTIALS® HEALTHY HOLD GLAZE

Get the all-in-one benefits of a flexible hold, health, and shine for your hair with Salon Essentials Healthy Hold Glaze.

- Protects, nourishes, and fortifies hair for optimal health and shine
- Protein-rich nanoparticles work to promote improved moisture and softness
- Offers perfect support for beautifully styled hair

36270001	4 oz	
\$24.00 retail	\$18.00 wholesale	15 PV

SALON ESSENTIALS® ROOT TO TIP SERUM

The Root to Tip Serum provides a healthy environment for your scalp and maximizes the strength and shine of your hair.

- Infused with Lavender, Peppermint, Marjoram, Cedarwood, Lavandin, Rosemary, Niaouli, and Eucalyptus essential oils
- Provides extended protection and hydration to your scalp and hair

36210001	30 mL	
\$46.67 retail	\$35.00 wholesale	35 PV

SALON ESSENTIALS® SMOOTHING CONDITIONER

Give hair a smooth, finished look and protect it with the professional formula of Salon Essentials Smoothing Conditioner.

- Features conditioning emollients, botanical extracts, and natural proteins
- Includes a proprietary blend of CPTG® essential oils for the hair and scalp
- Smooths hair and provides an anti-static effect with nanotechnology

36230001	8.34 fl oz	
\$30.67 retail	\$23.00 wholesale	23 PV

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PRODUCT GUIDE

SPA

HAND AND BODY LOTION

Enjoy the benefits of adding your favorite essential oils as you discover silky, smooth skin with this hydrating lotion.

- Fragrance-free, light-weight lotion—perfect for hydrating the skin
- Combine with your favorite essential oils for added benefits
- Provides your skin with important nutrients, botanicals, and humectants
- Features cruciferous vegetable extracts to promote the appearance of healthy skin

36100001	6.7 fl oz tube
\$19.33 retail	\$14.50 wholesale 14.5 PV

3-PACK

36110001	Three 6.7 oz tubes
\$39.93 retail	\$29.95 wholesale 25 PV

CITRUS BLISS® INVIGORATING BATH BAR

Enter a state of bliss as you clean your body with the Citrus Bliss Invigorating Bath Bar.

- Contains dōTERRA® Citrus Bliss Invigorating Blend
- Perfect for every member of the family
- Gently exfoliates with natural oatmeal

36130001	4 oz
\$9.32 retail	\$6.99 wholesale 5 PV

LIP BALM WITH PEPPERMINT & WILD ORANGE

Nourish and hydrate your lips with dōTERRA. Refresh your lips with the protecting power of Peppermint and Wild Orange essential oils.

- Non-waxy formula features moisturizing agents like shea and mango seed butters
- Restores moisture to lips
- Invigorates and enhances mood with a blend of Peppermint and Wild Orange

36190001	.15 oz
\$6.33 retail	\$4.75 wholesale 4 PV



dōTERRA SERENITY® CALMING BATH BAR

Luxuriate as you enjoy the serene, calming influence of the dōTERRA Serenity Calming Bath Bar.

- Provides the benefits of dōTERRA Serenity Calming Blend
- Cleans and conditions your skin naturally with coconut and safflower oils and shea butter

36140001	4 fl oz tube
\$9.32 retail	\$6.99 wholesale 5 PV

HEALING HANDS LOTION

Become part of furthering the cause of the dōTERRA Healing Hands Foundation™ by purchasing the lovely scented Healing Hands lotion infused with Bulgarian Rose CPTG® essential oil that will not only soften the skin and emit a beautiful aroma, but will also benefit the life of someone in need. The full purchase price of \$20 will be donated to the dōTERRA Healing Hands Foundation to assist those in need throughout the world. Your heart and your skin will be softened.

36170001	3.3 oz
\$20.00 retail	\$20.00 wholesale 0 PV

NATURAL DEODORANT

dōTERRA Natural Deodorant is a safe, natural option for preventing odor throughout the day.

- Cypress, Melaleuca, Cedarwood, and Bergamot essential oils provide purifying benefits, helping to reduce underarm odor
- Beeswax provides a protective barrier while allowing skin to breathe, and contributes to the product's smooth application
- Coconut oil contains fatty-acids, known for their nourishing properties and ability to keep skin looking smooth and healthy
- Shea butter hydrates skin without leaving a greasy after-feel
- Free of alcohol, aluminum, parabens, and artificial colors and fragrances

37420001	1.7 oz
\$11.33 retail	\$8.50 wholesale 5 PV



CITRUS BLISS® HAND LOTION

Conveniently packaged for an on-the-go aromatic experience, this lotion softens hands and enlivens the senses with the delightful aroma of Citrus Bliss Invigorating Blend.

- Light, uplifting scent with a kiss of vanilla and a bouquet of citrus essential oils
- Perfect size to tote in the car, take to the office, or put in a purse or bag
- Provides hands with important nutrients, botanicals, and humectants

36200001	2.5 fl oz tube
\$8.67 retail	\$6.50 wholesale 5 PV

DIETARY SUPPLEMENTS



DDR PRIME®

DDR Prime is a proprietary blend of CPTG Certified Pure Therapeutic Grade® essential oils that help protect the body against oxidative stress to cellular DNA.*

- Provides antioxidant protection against oxidative stress*
- Supports a healthy response to free radicals*

DDR PRIME ESSENTIAL OIL CELLULAR COMPLEX

41510001	30 mL bottle
\$73.33 retail	\$55.00 wholesale 55 PV

DDR PRIME SOFTGELS™

41740001	60 capsules
\$73.33 retail	\$55.00 wholesale 55 PV



MITO2MAX® ENERGY & STAMINA COMPLEX

Mito2Max is a healthier, long-term alternative to caffeine for increased energy and vitality.

- Promotes better microcirculation with Oligonol® lychee fruit extract, quercetin, and other standardized plant extracts
- Potent, full spectrum of mitochondrial energy cofactors supporting cellular aerobic capacity and energy production*
- Free of stimulants; not habit forming

34350001	60 vegetable capsules
\$52.67 retail	\$39.50 wholesale 39.5 PV



Oligonol is a registered trademark or Amino Up Chemical Co., Ltd

DEEP BLUE POLYPHENOL COMPLEX™

Now Deep Blue has a nutritional supplement that contains powerful polyphenols clinically tested to help with occasional soreness and discomfort.*

- Patent-pending, fast-acting boswellia extract shown to help support joint comfort and function*
- Includes proprietary, standardized extracts of Ginger, curcumin, resveratrol, and other polyphenols to soothe occasional aches and discomfort*
- Can be used in tandem with Deep Blue Rub or Deep Blue Soothing Blend

34360001	60 vegetable capsules
\$79.33 retail	\$59.50 wholesale 59.5 PV



TERRAGREENS®

Give your daily intake of fruits and vegetables a boost with this powdered drink mix designed to be taken with water, TrimShakes, or your favorite beverage.

- Blend of leafy greens and superfruits
- Includes naturally occurring vitamins, minerals, and antioxidants
- Flavored with Lemon and Ginger essential oils

60120001	300 g
\$37.33 retail	\$28.00 wholesale 20 PV

TRIEASE® SEASONAL BLEND SOFTGELS

TriEase Softgels were developed to protect against seasonal and environmental elements and to promote a healthy respiratory system when needed most.* Each softgel contains equal parts of Lemon, Lavender, and Peppermint essential oils, known for their ability to maintain clear breathing and a healthy immune response when combined together.*

- Promotes clear breathing and healthy respiratory function*
- Cleanses the body's systems*
- Supports healthy immune system function*

49310001	60 Softgels
\$30.00 retail	\$22.50 wholesale 20 PV



CHILDREN'S SUPPLEMENTS

dōTERRA a2z CHEWABLE™

Designed for children and adults who have difficulty swallowing capsules, dōTERRA a2z chewables provide the nutrients your body needs for optimal health.*

- Combines a blend of B vitamins with vitamins A, C, and E
- Features botanical extracts and is formulated to be used with IQ Mega
- Supports healthy immunity and provides antioxidant protection*
- Promotes healthy cell development and longevity when taken daily*

35330001	60 tablets
\$26.00 retail	\$19.50 wholesale 30 PV

IQ MEGA®

IQ Mega takes the fishy taste out of fish oil and adds the fresh orange flavor of Wild Orange CPTG® essential oil.

- Provides 1,000 mg of concentrated, pure Omega 3 oils per serving
- Supports healthy brain, cardiovascular, immune, and joint function*
- Formulated to be used with a2z chewable

35320001	150 mL
\$46.00 retail	\$34.50 wholesale 15 PV



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DAILY VITALITY



LOYALTY REWARDS PROGRAM

**dōTERRA LIFELONG VITALITY PACK™
DIETARY SUPPLEMENTS
INCLUDING ALPHA CRS®+
MICROPLEX MVp™ AND xEO MEGA®**

20640001 | \$106.00 retail | \$79.50 wholesale | 60 PV

Vegan Lifelong Vitality coming soon.



**MICROPLEX MVp™
FOOD NUTRIENT
COMPLEX**

An all-new formula with more bioavailable ingredients designed to provide just the right amounts of vitamins, minerals, and polyphenols that your body needs each and every day.

- Naturally balanced, comprehensive array of vitamins and minerals to give you just what you need—nothing more and nothing less*
- Highly bioavailable chelated minerals*
- Potent, antioxidant polyphenol extract blend*
- All-new whole foods blend
- Also features the dōTERRA tummy tamer blend of Peppermint, Ginger, and Caraway Seed to help calm the stomach*

34320001 | 120 vegetable capsules
\$52.67 retail | \$39.50 wholesale | 39.5 PV



**xEO MEGA®
ESSENTIAL OIL OMEGA
COMPLEX**

xEO Mega is a revolutionary formula that blends CPTG Certified Pure Therapeutic Grade® essential oils with natural, marine and plant-sourced essential fatty acids.

- Features Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and German Chamomile essential oils
- Delivers EPA and DHA essential fatty acids from flax, borage, cranberry, and pomegranate seed oils and marine lipids
- Supports healthy cardiovascular, immune, joint, and brain health*
- Includes a unique form of the carotenoid astaxanthin for antioxidant protection*

34310001 | 120 softgels
\$66.00 retail | \$49.50 wholesale | 49.5 PV



**vEO MEGA®
ESSENTIAL OIL
OMEGA COMPLEX**

vEO Mega is a revolutionary, 100 percent vegan-friendly formula blending CPTG Certified Pure Therapeutic Grade® essential oils with natural, plant-sourced essential fatty acids.

- Features Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and German Chamomile essential oils
- Includes essential fatty acids from flax, algae, incha inchi seed, borage, cranberry, pomegranate, pumpkin, and grape seed oils
- Supports healthy cardiovascular, immune, joint, and brain health*
- Includes a unique form of the carotenoid astaxanthin for antioxidant support*

34260001 | 120 softgels
\$66.00 retail | \$49.50 wholesale | 49.5 PV



**ALPHA CRS®+
CELLULAR VITALITY
COMPLEX**

Provides antioxidant protection to cellular DNA and other critical cell structures.*

- Supports healthy cell proliferation and lifespan*
- Promotes mitochondrial energy production*
- Supports a healthy immune function*
- Features botanical extracts, carotenoids, and polyphenols as well as a cellular energy blend*

34180001 | 120 Vegetable Capsules
\$92.67 retail | \$69.50 wholesale | 69.5 PV





LOYALTY
REWARDS
PROGRAM

**dōTERRA DAILY NUTRIENT PACK™
MICROPLEX MVP™ AND XEO MEGA®**

20650001	50 PV
\$79.33 retail	\$59.50 wholesale

PERSONALIZED WELLNESS PROGRAM

LOYALTY
REWARDS
PROGRAM

**Customize
and Save**

With the purchase of one Lifelong Vitality Pack or one Daily Nutrient Pack via the Loyalty Rewards Program, choose up to 3 additional targeted supplements at a significant savings.

BUY 1 LIFELONG VITALITY OR DAILY NUTRIENT PACK



\$59.50
wholesale
50 PV

OR



\$79.50
wholesale
60 PV

**AND CHOOSE UP TO 3 ADDITIONAL SUPPLEMENTS
AT REDUCED PRICES**



Microplex MVP™
\$20.00
10 PV



xEO Mega®
\$20.00
10 PV



Mito2 Max®
\$20.00
10 PV



Deep Blue Polyphenol Complex™
\$20.00
10 PV



TerraZyme®
\$20.00
10 PV



PB Assist®+
\$20.00
10 PV



Kids Kit (IQ Mega® & A2Z)
\$25.00
10 PV

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DIGESTIVE HEALTH



DIGESTZEN® DIGESTIVE BLEND



The well-recognized essential oils in DigestZen are known for providing soothing digestive relief.*

- Features a proprietary blend of Ginger, Peppermint, Tarragon, Fennel, Caraway, Coriander, and Anise essential oils
- Eases feelings of queasiness*
- Helps reduce bloating, gas, and occasional indigestion*

31030001	15 mL bottle
\$41.33 retail	\$31.00 wholesale 31 PV



DIGESTZEN® SOFTGELS

dōTERRA® DigestZen Softgels are a convenient and easy way to obtain the benefits of the proprietary DigestZen essential oil blend. Each vegetarian softgel contains 120 mg of DigestZen, the oil blend you know and trust for overall digestive health.*

35430001	60 vegetarian softgels
\$26.00 retail	\$19.50 wholesale 15 PV



MADE WITH VEGETARIAN SOFTGELS



DIGEST TAB® NEW! CHEWABLE TABLETS

DigestTab™ Chewable Tablets are calcium carbonate tablets that are infused with DigestZen Digestive Blend to deliver the benefits of DigestZen essential oil blend as well as the acid-neutralizing benefits of calcium carbonate.

- Helps provide relief from occasional heartburn and indigestion, while promoting the overall health of the gastrointestinal tract*
- Use with or between meals as needed, for relief from occasional stomach upset, indigestion, and heartburn
- Helps relieve occasional sour stomach*
- Provides 200 mg of calcium per tablet

34380001	100 chewable tablets
\$18.67 retail	\$14.00 wholesale 10 PV



DIGESTZEN TERRAZYME® DIGESTIVE ENZYME COMPLEX top seller

DigestZen TerraZyme provides your body with the whole-food enzymes and supporting mineral cofactors needed for healthy digestion.*

- Supports the body's constant production of enzymes critical for healthy biochemical functions*
- Promotes healthy digestion of food nutrients and cellular metabolism of nutrients into energy*
- Includes a variety of whole-food enzymes that help with digestion of proteins, fats, complex carbohydrates, sugars, and fiber*

35110001	90 vegetable capsules
\$50.00 retail	\$37.50 wholesale 37.5 PV



MADE WITH SLS-FREE VEGETABLE CAPSULES



GX ASSIST® GI CLEANSING FORMULA

Cleanse your GI tract before starting with PB Assist+ with this combination of CPTG Certified Pure Therapeutic Grade® essential oils.*

- Features Oregano, Melaleuca, Lemon, Lemongrass, Peppermint, and Thyme essential oils as well as caprylic acid
- Helps support a healthy digestive tract and microfloral balance*
- Formulated to be used for 10 days as a preparatory cleansing step before using PB Assist+ Probiotic Defense Formula*

35040001	60 softgels
\$34.67 retail	\$26.00 wholesale 26 PV



MADE WITH ENTERIC SOFTGELS



PB ASSIST®+ PROBIOTIC DEFENSE FORMULA

This proprietary formula of pre-biotic fiber and six strains of probiotic organisms is safe for the entire family.

- Delivers 6 billion CFUs of active probiotic cultures and soluble pre-biotic FOS (fructo-oligosaccharides) that encourage culture adhesion and growth*
- Time-release double capsule designed to protect sensitive probiotic cultures from stomach acid
- Supports healthy digestive function and immunity*

35160001	30 vegetable capsules
\$46.00 retail	\$34.50 wholesale 34.5 PV



MADE WITH SLS-FREE VEGETABLE CAPSULES

*These statements have not been evaluated by the Federal Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



**ZENDOCRINE®
DETOXIFICATION BLEND**



Support your body's natural detoxification systems with Zendocrin.

- Features a proprietary blend of Tangerine Peel, Rosemary, Geranium, Juniper Berry, and Cilantro essential oils
- Supports the body's natural ability to rid itself of unwanted substances*
- Can be used individually or in combination with Zendocrin Detoxification Complex

31460001	15 mL bottle
\$32.67 retail	\$24.50 wholesale 24.5 PV



ZENDOCRINE® SOFTGELS

dōTERRA Zendocrin Softgels are a convenient and easy way to obtain the benefits of the proprietary Zendocrin essential oil blend.

34280001	60 vegetarian softgels
\$32.67 retail	\$24.50 wholesale 21.5 PV



**ZENDOCRINE®
DETOXIFICATION COMPLEX**

Support your body's filtering and waste management system with the proprietary Zendocrin Detoxification Complex.*

- Features a proprietary blend of 14 active, whole-food extracts in a patented enzyme delivery system
- Supports healthy cleansing and filtering functions of the liver, kidneys, colon, lungs, and skin*

35120001	60 vegetable capsules
\$32.67 retail	\$24.50 wholesale 24.5 PV



WOMEN'S HEALTH



WOMEN'S HEALTH KIT

Includes Phytoestrogen Lifetime Complex™, Bone Nutrient Lifetime Complex™, and ClaryCalm® Monthly Essential Oil Blend.

35250001	\$92.67 retail	\$69.50 wholesale	60 PV
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**PHYTOESTROGEN
LIFETIME COMPLEX™**

dōTERRA® Women Phytoestrogen Lifetime Complex is a blend of natural plant extracts that support hormone balance throughout the different phases of a woman's life.*

- Includes a standardized soy extract with genistein, a powerful phytoestrogen*
- Supports healthy hormonal balance*
- Supports healthy bones, heart, breast tissue, and other body structures*

35260001	60 capsules
\$52.67 retail	\$39.50 wholesale 39.5 PV



**BONE NUTRIENT
LIFETIME COMPLEX™**

This convenient dietary supplement increases the consumption of nutrients needed for healthy bones.*

- Perfect for men and women of all ages
- Features a blend of vitamins C and D, calcium, magnesium, and other trace minerals
- Combats declining bone density by providing bone nutrients often deficient in modern diets*

35240001	120 capsules
\$23.33 retail	\$17.50 wholesale 12 PV



**CLARYCALM®
MONTHLY BLEND FOR WOMEN**



dōTERRA ClaryCalm helps women manage the emotional mood swings of PMS and the transitional phases of menopause in a natural, effective way.

- Features a blend of Clary Sage, Lavender, Bergamot, Roman Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Palmarosa, and Vitex essential oils
- Apply to skin for a cooling, soothing effect
- Calming aroma

35270001	10 mL roll on
\$32.67 retail	\$24.50 wholesale 24.5 PV

PRODUCT GUIDE

SLIM & SASSY®

SLIM & SASSY® TRIMSHAKE

Slim & Sassy TrimShake is a convenient, delicious shake mix that provides essential nutrients. TrimShake can help you lose unwanted fat stores through calorie restriction and regular exercise. Includes the patented weight-management ingredient EssentraTrim® to help reduce food cravings and overeating. Includes Solathin®, a special protein extract that supports increased feelings of satiety. Blends well with nonfat dairy, almond, rice, and soy milk or water.

35180001	vanilla		
\$52.67 retail	\$39.50 wholesale	25 PV	
35200001	chocolate		
\$52.67 retail	\$39.50 wholesale	25 PV	

SLIM & SASSY® TRIM KIT

Four 15 mL bottles Slim & Sassy Metabolic Blend and 2 TrimShakes.

40770001	1 Chocolate, 1 Vanilla		
\$200 retail	\$150 wholesale	125 PV	
35280001	2 Chocolate		
\$200 retail	\$150 wholesale	125 PV	
35290001	2 Vanilla		
\$200 retail	\$150 wholesale	125 PV	
60130001	2 V Shake		
\$200 retail	\$150 wholesale	125 PV	

SLIM & SASSY® V SHAKE

Introducing a vegetarian alternative to weight management shakes. Slim & Sassy V Shake provides the same benefits as TrimShake with the exception of all the ingredients being 100 percent plant-sourced and vegetarian-friendly.

- Includes Solathin® and EssentraTrim®
- 7 grams of plant-sourced protein
- Protein sourced from pea, quinoa, and amaranth
- Versatile flavor, mixes easily with favorite fruits, milks, or juices
- No artificial sweeteners, flavors, colors, or preservatives

35440001			
\$52.67 retail	\$39.50 wholesale	25 PV	

SLIM & SASSY® SOFTGELS

Slim & Sassy Softgels contain the proprietary Slim & Sassy essential oil blend in convenient softgels to promote weight management in a healthy, natural way.* The flavorful blend of Slim & Sassy contains essential oils known to help manage hunger throughout the day while boosting metabolism and promoting a positive mood.*

- Enhances metabolism*
- Helps manage hunger cravings*
- Promotes healthy digestion*

34270001	60 vegetarian softgels		
\$46.00 retail	\$34.50 wholesale	30 PV	

 **MADE WITH VEGETARIAN SOFTGELS**



SLIM & SASSY® top seller METABOLIC BLEND

A T I S

Support your weight maintenance goals with the proprietary essential oil blend of Slim & Sassy.

- Formulated with Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon essential oils
- Promotes healthy metabolism*
- Helps manage hunger cravings*
- Calms your stomach and lifts your mood*
- Diuretic, stimulant, and calorie-free

31370001	15 mL bottle		
\$32.67 retail	\$24.50 wholesale	24.5 PV	



SLIM & SASSY CONTRŌL™ INSTANT MIX

Slim & Sassy Contrōl is available in a powdered mix that you can take at any time during the day to help control your appetite.* Slim & Sassy Contrōl contains a revolutionary ingredient made from spinach extract called Appethyl®, which has been clinically shown to significantly reduce appetite for up to 6 hours.*

- Helps promote appetite control and manage portion sizes*
- Helps maintain healthy food intake*
- Along with a sensible program of diet and exercise, may help promote and maintain healthy weight loss over time*

34150001	30 sachets		
\$79.33 retail	\$59.50 wholesale	50 PV	



SLIM & SASSY CONTRŌL™ BARS

Contrōl is also available in a tasty bar. Convenient for people who are always on the go, Contrōl delivers the appetite-controlling power of Appethyl® to help you in your quest to manage your weight and your overall well-being.

- Helps promote appetite control and manage portion sizes
- Helps maintain healthy food intake
- Along with a sensible program of diet and exercise, may help promote and maintain healthy weight loss over time

EssentraTrim is a registered trademark of NutraGenesis, LLC. Solathin is a registered trademark of Cyvex Nutrition. Appethyl is a trademark of Greenleaf Medical AB

34330001	10 apple cinnamon bars		
\$36.67 retail	\$27.50 wholesale	20 PV	
34340001	10 lemon bars		
\$36.67 retail	\$27.50 wholesale	20 PV	
34370001	10 apricot bars		
\$36.67 retail	\$27.50 wholesale	20 PV	

CONTRŌL BAR 3-PACK

20900001	10 bars of each flavor		
\$99.33 retail	74.50 wholesale	50 PV	

ENROLLMENT KITS



CLEANSE & RESTORE KIT

- Lifelong Vitality
- PB Assist⁺
- GX Assist⁺
- Zendocrine[®] Softgels
- DigestZen TerraZyme[®]
- Lemon (15 mL)
- Wellness Advocate Introductory Packet

39250001		
\$259.93 retail	\$195.93 wholesale	125 PV



ATHLETE+ KIT

- Athlete's Kit: Canvas bag, Deep Blue[®] Rub, and 5 mL bottles of dōTERRA Breathe[™], dōTERRA On Guard[®], Lavender, Melaleuca, Peppermint
- Deep Blue Polyphenol Complex[™]
- Mito2Max[®]
- Daily Nutrient Pack
- Wellness Advocate Introductory Packet

31370001		
\$268.00 retail	\$195.00 wholesale	125 PV



HOME ESSENTIALS KIT

- Frankincense
- Lavender
- Lemon
- Melaleuca
- Oregano
- Peppermint
- dōTERRA Breathe[™]
- DigestZen[®]
- dōTERRA On Guard[®]
- Deep Blue[®] (5 mL)
- Petal Diffuser
- Wellness Advocate Introductory Packet

41180001		
\$366.57 retail	\$275.00 wholesale	225 PV



EMOTIONAL AROMATHERAPY DIFFUSER KIT

- dōTERRA Emotional Aromatherapy[™]: 5 mL bottles of dōTERRA Motivate[™], dōTERRA Cheer[™], dōTERRA Passion[™], dōTERRA Forgive[™], dōTERRA Console[™], dōTERRA Peace[™]
- Petal Diffuser
- Wellness Advocate Introductory Packet

21310001		
\$241.00 retail	\$195.00 wholesale	145 PV



NATURAL SOLUTIONS KIT

ESSENTIAL OILS:

- **5 mL bottles:**
 - DigestZen[®]
 - Purify
 - Melaleuca
 - Oregano
 - AromaTouch[®]
 - Frankincense
 - dōTERRA Serenity[®]
 - dōTERRA Breathe[™]
 - dōTERRA Balance[®]
- **15 mL bottles:**
 - Citrus Bliss[®]
 - Lavender
 - Lemon
 - Peppermint
 - Slim & Sassy[®]
 - Lemongrass
 - dōTERRA On Guard

OTHER PRODUCTS:

- Lifelong Vitality
- DigestZen TerraZyme[®]
- HD Clear[®] Foaming Face Wash
- Deep Blue[®] Rub
- Fractionated Coconut Oil (4 oz)
- Aroma Lite Diffuser
- Wooden Box
- dōTERRA Breathe[™] Vapor Stick
- Correct-X[®]

dōTERRA On Guard[®] Collection:

- Beadlets
- Toothpaste
- Hand Wash w/2 Dispensers

Wellness Advocate Introductory Packet



FAMILY PHYSICIAN KIT[®] AND BEADLETS

- Family Physician Kit: 5 mL bottles of Lavender, Lemon, Peppermint, Melaleuca, Oregano, Frankincense, Deep Blue[®], dōTERRA Breathe[™], DigestZen[®], and dōTERRA On Guard[®]
- Peppermint Beadlets
- dōTERRA On Guard[®] Beadlets
- Wellness Advocate Introductory Packet

21310001		
\$184.50 retail	\$150.00 wholesale	110 PV

21290001		
\$733.33 retail	\$550.00 wholesale	400 PV

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dōTERRA®

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doterra.com

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root to tip serum

dōTERRA® SALON ESSENTIALS

REVITALIZE YOUR HAIR

Nourishes, moisturizes, and protects
your hair and scalp



Root to Tip Serum

To Order: 36210001 | 35 PV
\$46.67 retail | \$35.00 wholesale



dōTERRA®

CPTG Certified Pure Therapeutic Grade®